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DOMESTIC SCIENCE HANDBOOK 1939

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Department of Education of Victoria

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During the past 12 months the M.B.C. Employment Department received an average of six applications daily (frequently as many as 12 in one day) for expert Stenographers and Typists.

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The Secretary of the Un[illegible]ity Appointments Board said recently: "Because many woman graduates cannot [illegible]e, the demand for their services in responsible secretarial positions IS DIFFICULT to fill."

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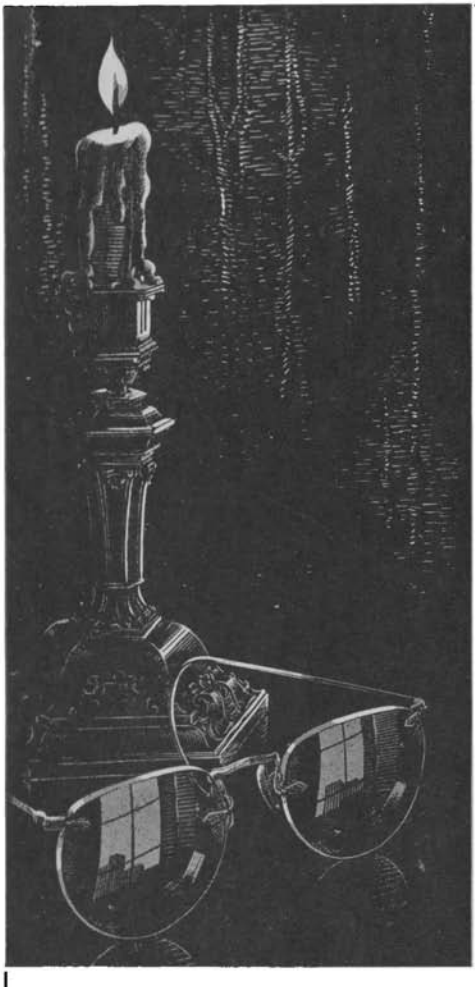

THE modern light is far in advance of the primitive candle—so also are modern glasses more accurately made and attractive in appearance than those worn by our grandparents.

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DOMESTIC SCIENCE HANDBOOK

ISSUED TO THE PUPILS OF
GIRLS' SCHOOLS AND DOMESTIC
ART CENTRES

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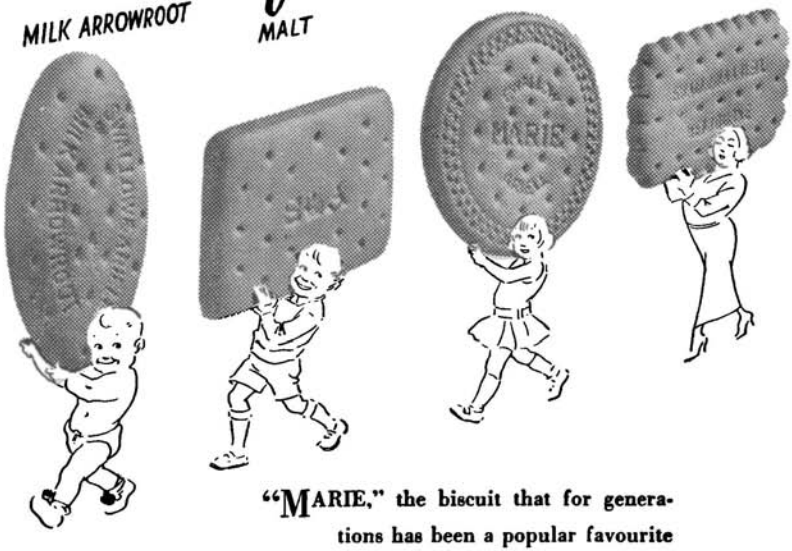
THE DEPARTMENT OF EDUCATION
OF VICTORIA

Take your choice of

MILK ARROWROOT MALT MARIE COFFEE



"MARIE," the biscuit that for generations has been a popular favourite for light meals and supper time, so delicious with butter, cheese or jam. "Malt" and "Coffee" biscuits as a substance to afternoon teas, and "Milk Arrowroot," the biscuit no baby would ever refuse. All of them well known and popular biscuits.

Swallow & Ariell Ltd

THE UNEEDA BAKERS

18. C2

FOREWORD

IN presenting the Domestic Science Handbook, the publishers have endeavoured to cover the very comprehensive field of domestic science, thereby providing students with a necessary guide. It contains the full routine of domestic work, with many valuable hints to the future housewife. Especially is this the case where marketing for the home is concerned. This most important part of domestic life, where thrift must necessarily be practised, is fully dealt with, and worth while advice given.

Recipes, which appear in the latter part of the book, have been carefully selected, and comprise a wide variety of dishes. All these recipes have been well tried, and the description of the methods of preparation have been outlined in such a way as to be easily understood. Special attention is given to invalid dishes and suitable diets suggested. First aid and general household hints are other features of the Handbook.

Laundry

THE WASHING OF WHITE CLOTHES

The Processes of Washing and Reasons
Washing White Clothes — Steeping — Laundering
Woollens — Laundering Silks — Laundering
Stockings — Methods of Removing Stains

(a) **Collecting.**—To gather everything that is to be washed.
(b) **Sorting.**—To separate coloured clothes and coarse linen from fine linen.
(c) **Removing Stains.**—To prevent stains being fixed by boiling.
(d) **Mending.**—To prevent holes becoming larger—a mend looks better after washing and ironing.
(e) **Soaking.**—To loosen the dirt, thus saving time and labour, soap, and wearing away of garments.
(f) **Washing.**—To remove all traces of dirt.
(g) **First Rinsing.**—To free garment of any loosened dirt and soapy water.
(h) **Boiling.**—To purify them, to give a sweet smell, and to whiten them.
(i) **Second Rinsing.**—To remove soapy water, as blue and soap together cause iron mould streaks on clothes.
(j) **Blueing.**—To whiten the clothes by counteracting the yellow tinge given by soap and perspiration.
(k) **Wringing.**—To remove as much water as possible.
(l) **Starching.**—To improve the appearance by giving stiffness and a gloss, to prevent stains and dirt penetrating fabric, and to make garments dry more quickly.
(m) **Hanging Out and Drying.**—To keep clothes in a good shape and to bleach them.
(n) **Damping and Folding.**—To enable clothes to be ironed successfully.
(o) **Mangling.**—To improve appearance of plain articles and to save ironing.
(p) **Ironing.**—To improve appearance and to give a gloss to linen.
(q) **Airing.**—To remove all traces of dampness, thus preventing mildew, creasing, or chill to wearer.

ADVANTAGES OF STEEPING

(1) Softens and loosens the dirt.
(2) Saves time, labour and laundry materials.
(3) Preserves clothes—rubbing wears them out and strong cleansers rot them.
(4) Softens starch already in the garment.

RULES FOR STEEPING WHITE CLOTHES

Very soiled handkerchiefs should be soaked separately in water containing salt (two tablespoons to one gallon).
Bed and body linen should not be steeped with table linen.
New articles should be steeped apart from all others, to remove the dressing.
Turn out all pockets and remove dust.
Look carefully for pins or needles in clothing.
Remove all stains, as rust, ink, fruit, etc., and mend torn articles.
Steep the large and most soiled articles at the bottom of tub. Add some ammonia or dissolved borax to water.
Rub soap on the soiled parts and roll loosely to retain soap on garment.
Cover the tub, and if tap drips plug it or tie a tin over it to collect the drips.
Soak clothes for several hours before washing.

LAUNDERING WOOLLENS

Preparation.—A tub of warm water, 2 tablespoons of melted soap. If natural, add ammonia. Warm rinsing water. If coloured, 2 tablespoons of salt or vinegar. If white, a tub of warm, pale blue water.

Washing.—Shake garment to free it of dust. Knead and squeeze till all dirt is removed. Do not rub, as this hardens the fabric. Squeeze soapy water out.

Rinsing.—In warm water. Add vinegar or salt, if coloured. If white, use warm blue water.

Wringing.—Place through wringer or squeeze water out.

Hanging Out and Drying.—Dry in a breezy place. If loosely knitted, spread on an old sheet on the grass or verandah. If a coat or jumper, place on a coat hanger on line.

Ironing.—Shake well to raise pile. Iron on wrong side with a moderately hot iron.

LAUNDERING SILKS

Preparation.—Warm water and two tablespoons of soap jelly. If undyed, add a few drops of ammonia. Rinsing water.

Washing.—Knead and squeeze, but avoid rubbing between the knuckles, Place soiled part over palm of hand and rub lightly with soap lather.

Rinsing.—(a) Thin silks (as Japanese)—(1) White: Use cold water and second rinsing of pale blue, adding 1 tablespoon of gum water to each pint of blue water. (2) Coloured: Use cold water, adding 1 tablespoon of vinegar to every pint of water. (b) Fuji or thick silk: Use cold water, etc., the same as for thin silks, but omit gum water and use 1 dessertspoon of methylated spirits. (c) Tussore or Assam silk: Use cold water only.

Drying.—(a) Thin silks (as Japanese): Roll in a towel and iron in a few hours' time. (b) Tussore or Assam silk: Dry in shade and iron dry. (c) Fuji or thick silks: Dry in shade, damp and iron in a few hours or half dry and roll in a towel before ironing.

Ironing.—Iron on right side, unless embroidered or a dark colour. Use a fairly hot iron.

LAUNDERING STOCKINGS

Preparation.—Tub of warm water with 1 tablespoon of soap jelly. Warm rinsing water. Second rinsing water of pale or dark blue water if necessary.

Washing.—Shake stockings to free them of dust. Wash the lightest ones first. Knead and squeeze to remove dirt. Avoid rubbing between the knuckles. Place soiled parts over palm of hand. Wash on both sides.

Rinsing.—In warm water, adding 1 tablespoon of vinegar, if faded. If cream, use second rinsing of pale blue and omit vinegar in first rinsing. If black or grey, use second rinsing of dark blue water.

Wringing.—Open out sole and place through wringer toe first, keeping seam of leg in centre of stocking. If good silk stockings they may be rolled by opening sole of foot towards you, then rolling from toe to heel, turning heel flat, then continue rolling and keeping seam in centre until knee is reached. Then squeeze all the water out.

Drying.—Hang by toe one inch over the line. Hang each stocking next to its pair. Dry in the shade. When dry, bring in and mend before putting away.

To Fold.—Turn on right side and fold in three, toe being on top. Leave on wrong side, pull foot inside, roll together in pairs, turning top back to keep together.

AGENTS FOR REMOVING STAINS

General Points.—Remove while fresh, if possible. Use the simple methods first and try several times. Wet around stain with cold water; this prevents stain from spreading. Commence working on outside of stain and work towards centre. When all else fails, use the chemical methods, but only on white materials. Dissolve chemicals in boiling water, use whilst hot, then rinse in water containing bi-carbonate of soda (1 teaspoon to 1 pint water). Chemicals used are salts of lemon, salts of sorrel, and oxalic acid. Bleaching in sun will often remove last traces of stains.

STAIN AND AGENTS

Wet Ink.—(1) Sour milk, butter milk, or sweet milk; (2) hot milk for coloured materials; (3) lemon juice and salt.

Dry Ink or Iron Rust.—(1) Salt, lemon and borax; (2) oxalic acid or salts of lemon.

Blood.—(1) Cold water with dissolved washing soda; (2) cold water and salt for coloured materials.

Grass.—(1) Kerosene sponged on coloured materials; (2) Kerosene in copper for white materials; (3) methylated spirits.

Scorch.—(1) Common soap and place in sunshine.

Axle Grease of Tar.—Salted fat or lard, petrol to sponge afterwards.

Mildew.—(1) Common soap and chalk; (2) oxalic acid; (3) chloride of lime.

Tea, Coffee or Cocoa.—(1) Boiling water; (2) boiling borax water (1 teaspoon to 1 pint water).

Fruit, Jam or Wine.—(1) Salt and boiling water; (2) oxalic acid.

Paint.—(1) Kerosene in copper for white materials; (2) turpentine for coloured materials.

Stoves GAS FUEL

THE MODERN GAS COOKER

—*It Almost Thinks*

The Gas Cooker over many years has proved its efficiency, economy, cleanliness and dependability.

But the Gas Cooker of to-day is as far advanced from its predecessor as the first gas stove was from the cave-man's fire.

It is hard to imagine a cooking medium more simple to operate, and the reasons for this unique ease of control will be explained as the operation and construction of the Modern Gas Cooker is examined.

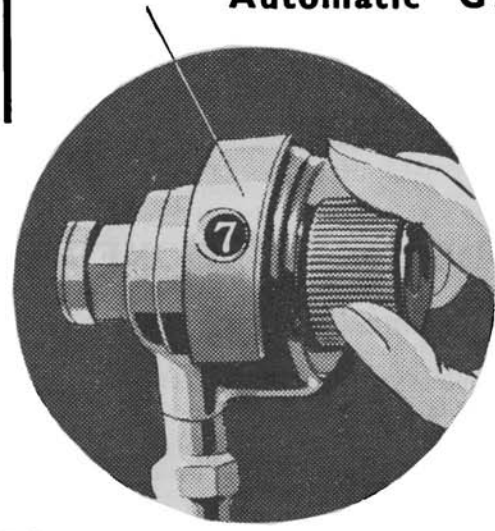
There are two main sections of a Gas Cooker—the hotplate and the oven. The hotplate on the average cooker is equipped with three or four boiling burners and a grilling section. These boiling burners are not just round pieces of piping with holes punched in them, but are specially designed to give maximum heat, using a minimum of gas. A simmering burner of unbelievable economy is sometimes fitted, but modern boiling burners can be turned so low that quite often a simmering burner is unnecessary. Gas boiling burners are much superior to other types inasmuch as any degree of heat can be obtained and not just low, medium and high, or the uncertain temperature of a fuel range, and gas heat is under perfect control and any desired change takes effect immediately.

The grilling burner is reversible, that is, the flame can be directed up to the hotplate for boiling or frying, or it can be directed down for grilling and toasting.

Most modern burners are non-clogging, but, should an exceptionally severe "spill over" occur, they should be brushed clean with a hard bristle brush.

The modern gas oven is almost magical in its performance. You whisk a dish into it, turn a dial, and hey, presto! at the end of a

Automatic GAS Cooking is as easy as Tuning Your Radio



Illustrated is the automatic oven regulator found on modern Gas Cookers. This clever device regulates the Gas supply to the oven burners and maintains the oven heat at the degree you set it, thus ensuring the even heat that is so necessary for perfect cooking.

YOU will never know how easy your cooking can be made until you've actually tried a modern Gas Cooker fitted with an automatic oven heat regulator. You prepare your dish — in fact, you can prepare a six-course meal — pop it into the oven, turn the oven heat regulator just as you would the dial of your radio, and let it cook for the requisite time at the correct number. That's all you do. No guess work. No anxiety. No peeping in the oven to see how things are going. Automatic cooking is so exact. You simply can't go wrong. Call in at our Showrooms or one of our Depots and see the marvellous range of modern automatic GAS cookers. There is a model and size to suit your needs.

Gas is modern in every way. So clean, so quick, so economical. Gas cooks so perfectly. Gas gives you oceans of hot water instantly — and so cheaply. Gas brings you silent, automatic refrigeration. And Gas Fires are unequalled for healthy room warming.

There's nothing to equal Gas for cooking cakes, scones and sponges. Automatic control gives you just the heat you want and keeps it there.

GAS is Quick, Clean and Economical

THE METROPOLITAN GAS COMPANY, 196 FLINDERS STREET, MELBOURNE

given time you can take the dish out, perfectly cooked. Yes, it is as easy as that. And here's the secret. Two T's are the main factors for successful baking—Temperature and Time. In olden days you had to guess both, because a given temperature needs a given time, and if you could not accurately measure the temperature you must necessarily guess the time.

But the modern gas oven is fitted with a thermostat, which automatically maintains constant the required temperature, thus completely eliminating all guess-work. This thermostat consists of a sensitive metal rod, which is housed in the oven, and is connected to a dial. This rod expands and contracts according to the heat of the oven, and is so adjusted that it controls the flow of gas accordingly. When the oven is first lighted, the gas is full on until the required temperature is reached, and then, as the rod expands with the heat, the gas is automatically cut down to the correct height to maintain that temperature. By means of turning the dial any desired temperature can be automatically maintained. This wonderful invention has revolutionized cooking, and even a child can now obtain the results of a culinary expert.

Another important improvement has been the introduction of a single burner in the oven. This, of course, has resulted in a considerable saving in gas consumption, but even more important is the new field of economy cooking that has been opened up.

A single burner gas oven permits a full six-course meal to be cooked at once—the custard or milk pudding being cooked as perfectly as the joint and entree. This sounds too good to be true, but it's an accomplished fact, and here is how it can be done:—

The single burner (placed either at the side or back of the oven) causes a complete circulation of hot air in the oven to operate, and results in temperature zoning. This means that the top of the oven is hotter than the bottom, and dishes which need more heat to cook are placed at the top, and vice-versa, so that a joint at the top of the oven and a milk pudding at the bottom (and, of course, other dishes in between) can all be perfectly cooked at the same time. Now a busy housewife can place the whole of the evening meal in the cooker, set the dial at the required number, and spend her time with other duties, knowing that everything will be perfectly cooked when she wants it without the slightest attention.

And so gas has contributed one of the greatest labour-saving devices that women in this modern age are blessed with, and, by enabling better cooking at less cost, in less time, has brought more happiness into more homes.

FUEL STOVES

Construction — Management — Cleaning
Blackleading — Lighting

CONSTRUCTION

(1) The fire box is the part of the stove where the fire is made. This is in front at one end of the stove. It has a lining of fire bricks round the sides to protect the iron from direct action of the fire.

(2) At the bottom is the grate, made of bars of iron with openings between to allow the air to go up to the fire and ashes to drop into the ash pan.

(3) A flue is a passage or opening. Stoves are supplied with at least two openings, one to supply air and the other to allow the smoke to escape through the chimney.

(4) The slides controlling these openings are called dampers. Dampers control the draught in flue passages.

(a) Usually the damper which controls the supply of fresh air is in front and below the fire box.

(b) The chimney damper is just above the back of the oven, at the entrance to the chimney.

(c) A third damper is supplied in cooking stoves, so that the heat of the oven may be regulated.

(5) Soot doors are at the bottom of the flues below the oven.

(6) The oven should have two ventilators, one to let out steam and heat, the other to let in air.

MANAGEMENT OF FUEL STOVES

(1) All dampers must be opened when the fire is first lighted. The front damper is to give a plentiful supply of air, the chimney and oven dampers to allow the smoke and gases to pass off quickly.

(2) The oven damper should be closed immediately the fire begins to burn freely, so that the heat will pass round the oven, instead of going up the chimney; but when the oven is not in use, fuel can be economised by opening the damper.

TO CLEAN THE FUEL STOVE

(1) Lift off all movable parts.

(2) Brush soot from flues into grate, using brush with a long wire handle. Do not allow soot to accumulate, as it is a very bad conductor of heat, and if allowed to accumulate, it will cause waste of fuel and time.

(3) Sweep ashes from grate into dust pan, and save cinders for the next fire. Cover ash pan when carrying away, so that light particles of soot will not fly about.

(4) When flues and grates have been cleaned, the movable parts of the stove should be brushed, replaced, then polished with blacklead. It is easier to polish a stove when it is warm, as the blacklead quickly dries and requires little rubbing. If the stove is too hot it will not take a polish, as the blacklead will dry too quickly and the brush may burn.

DENTISTS
tell you
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is best!

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Another Lawrence Product

"Neozone" (non poisonous) Antiseptic Germicide recommended and used by both doctors and dentists.
After an extraction..or gargled every morning ..for sore throats..or used as an inhalant.. "Neozone" sooths and heals — is harmless and non-irritative. See you keep this necessity always in your medicine chest.

"NEOZONE"
Prepared by **Alfred Lawrence & Co. Ltd.** *Melbourne, Sydney, Brisbane*

BLACKLEADING

(1) Mix with warm water and methylated spirits.
(2) Put on thinly, a little at a time, with a soft brush.
(3) Rub with hard then with soft brush. Keep oven slides well brushed, and occasionally washed in hot soda water.
Have chimney swept when necessary.

TILES

(1) Wash with hot, soapy water.
(2) Dry and polish with a soft cloth.

LIGHTING FIRES

(1) In order that the fire may burn well, air must have free access to it.
(2) The grate must be quite clean.
(3) A few large cinders from the previous fire and pieces of crumpled paper should be placed in the grate, then some pieces of light kindling wood laid cross-wise, allowing for the passage of air between the pieces.
(4) Larger and heavier pieces of wood and a few lumps of coal should then be placed on top.
(5) Apply match at bottom of grate.
(6) Add more fuel when necessary.
(7) Do not fill fire box higher than the lining of the fire brick.

Homecraft

Correct Use of Cutlery — Table Setting — Waiting at Table
Dishing — Serving — Setting Trays

CORRECT USE OF TABLE CUTLERY

Table Spoon.—Largest sized spoon, used for serving foods and drinking soup.

Soup Spoon.—Round, bowled spoon, used for drinking soup.

Dessert Spoon.—Second sized spoon, used for eating dessert or porridge.

Tea Spoon.—Smallest sized spoon, placed in saucer and used for stirring beverages; also used for fruit salads and ices.

Dinner Knife.—Largest knife, used with dinner fork to serve tarts or pies, and with dinner fork for cutting meat and vegetables at table.

Bread and Butter Knife.—Smaller knife, placed on bread and butter plate and used for cutting and buttering bread. Also used for cutting cakes.

Dinner Fork.—Larger fork, used with large knife for holding foods whilst cutting and for eating with; also used alone for eating foods that do not require cutting.

Dessert Fork.—Second sized fork, used with dessert spoon for eating dessert. Two dessert forks may be used for eating fish if fish knives and forks are not available.

Fish Knife.—Small, blunt-edged knife, may be used also for fruit.

Fish Fork.—Small, blunt-edged fork, may be used also for fruit.

TO SET CUTLERY FOR EACH PERSON FOR DINNER.

Place forks at the left-hand side, with the prongs upward. Knives and spoons at the right-hand side, in the order of the courses, commencing at the outer side. The handles of all these should be in a straight line and one inch from the edge of the table. The space between the inner pieces of cutlery should be sufficient for a large plate. Place the tumbler with the top upwards at the point of the knife. Serviette should be placed at the left-hand side of the diner's place.

TABLE SETTING

An attractively set table is an excellent invitation to a meal. The following points should be observed:—

(1) A silence cloth should be placed on the table, and over this the well-laundered damask cloth spread smoothly and evenly and to cover the silence cloth completely.

(2) Fresh flowers should be artistically arranged in clean vases, and table centres, if used, should harmonise.

(3) Cruets, water jugs, milk jugs, sugar basins, butter and jam dishes should be freshly filled and wiped before placing on the table.

(4) Cutlery, glassware and silver should be brightly polished and set neatly in order.

(5) Arrange table mats for hot plates and dishes.

(6) Place a serviette for each person.

(7) Place chair in position at each place.

WAITING AT TABLE

Have a tray, traycloth and serviette in readiness.

Serve foods quietly and punctually, using a serviette to hold hot plates.

All hot foods should be served hot.

Serve beverages and soups to the right of diner.

Serve other foods to the left of diner.

Remove plates from the left of diner.

Remove dishes used in one course before serving another.

AGEE PYREX

Glass Ovenware

Food looks well—cooks well—and **tastes** better when ovencooked in Agee Pyrex Wear. It retains the whole of its nourishing flavour, and can always be served piping hot, straight from oven to table. You will find a wide range of Agee dishes—either plain or coloured—at all good hardware and department stores.

AUSTRALIAN GLASS MANUFACTURERS CO. PTY. LTD.

428 Spencer St. - Melbourne

After last course, place dishes on a tray and remove from the table. Brush the crumbs from the table cloth with a crumb brush and tray. Fold cloth in correct folds.

DISHING

When food is served at the table the following plates are used:—

Meat Dish.—A large, flat, oval dish, used for serving whole joints.

Entree Dish.—A flat, oval, china dish, made in assorted sizes, on which stands an entree dish (small).

SERVING

Dinner Plates.—The largest round plate, 10 inches across, used for serving meat and vegetables together.

Dessert Plate.—The second sized plate, 8½ inches across, used for serving dessert, or foods unaccompanied by vegetables.

Bread and Butter Plates.—The smallest round plate, 7 inches across, used for bread and butter, also correct with a d'oyley for serving sandwiches, cakes, etc.

Soup Plates.—Used for serving soup and porridge.

Coupe Plates.—7½ inches across. Deep round plates, for serving soup, porridge and dessert.

TRAYS

Trays for those who cannot attend the ordinary meal may be made just as inviting as a well set table.

A tray should be large enough to hold what is required without overcrowding.

Cover the tray with a well-laundered and dainty cloth which properly fits the tray. Arrange thin china, sparkling glassware, silver and cutlery in positions convenient to the user.

A wise plan is to use small articles, to allow for neat and orderly arrangement.

Plate warmers, with tightly-fitting covers, may be used for keeping food hot. Failing this, very hot plates for covers should be used, and then wrapped in a clean serviette until the tray is carried to the room.

Serve food daintily and avoid over-filling dishes, plates, etc,

Remove tray when meal is finished.

Hygiene in the Home

People live very much longer nowadays than they did formerly. Once upon a time the average age at which death occurred was 18 years. Now it is between 50 and 60. This increase in the length of life is due mainly to cleanliness. Dirt and disease always go hand in hand. For dirt breeds germs of all kinds, and encourages flies and other insects, which, in their turn, carry these germs and spread them about.

Flies breed in dirt, especially in decaying animal refuse, such as decaying food, which may have been thrown on to a rubbish-heap. In this the female fly lays its eggs, which soon are hatched to a mass of crawling larvae, which in turn become flies. Flies carry many germs —diphtheria, typhoid fever, etc. During the Boer War, many more men died from typhoid fever than were killed by the bullets of the opposing forces. During the last war, when sanitation was properly attended to and the fly menace adequately dealt with, the deaths from typhoid fever were very few. In Australia the greatest danger from the fly is the carrying of the germs of summer diarrhoea, which kills many babies annually. To avoid flies in the home, strict cleanliness must be observed, both inside and outside. Waste should be place in a receptacle with a tight-fitting lid, burnt in an incinerator, or buried deeply.

Mosquitoes also carry disease. Mosquitoes lay their eggs in stagnant water, and so houses where the guttering has been blocked or where there are ornamental fish ponds, or where old jam tins or kerosene tins are left lying around containing water, will always have considerably more mosquitoes than houses that are kept tidy.

In olden days all household refuse was thrown out of the windows to the streets below. The streets were thus smelly, dirty, and covered with decaying matter. Nowadays there are laws to prevent this sort of thing. The installation of the sewerage system or of septic tanks in the country has done much to prevent disease, as has also the system of removal of household refuse by local council. Tins for garbage should be tightly covered, for flies and other insects can breed therein and germs can develop and multiply with great rapidity, so that in the space of only a few days a source of infection may be set up, not only for the householder concerned, but also for all his neighbours. The fly that is bred in one back yard may poison the food of a baby in a clean household some distance away. Especially in summer time, when flies are about, all food should be covered and protected from them. Fly-proof covers are cheap to buy and easy to make, and may prevent death or disease. The use of ice is also an excellent hygienic method, for germs develop rapidly in warm or hot temperatures, whereas they lie dormant in cold ones. Thus it can be seen that even if an article of food has become infected, there is less chance of it doing damage if kept in an ice-chest than if it is allowed to become heated.

In one easy operation the O-Cedar Mop dusts, cleans and polishes. You'll never need to stoop or kneel, for the O-Cedar Mop slides easily into corners, underneath furniture, and all other out-of-way places. Used for a few minutes a day, the O-Cedar Mop keeps your floors perfect, and all you have to do is to guide it across the floor. For the finest result, always use O-Cedar Liquid Polish to refresh your O-Cedar Mop.

O-Cedar MOPS

When you go to buy O-Cedar Liquid Polish, beware of imitations—if there's no "O" in the name it's not O-Cedar.

Wise women use O-Cedar Liquid Polish. It costs more, but they use less, and it's a real tonic for furniture, actually "feeding" and preserving the wood and bringing out all the beauty of its color and grain. O-Cedar's bright finish is like a mirror, and it simply won't smear. Removes marks like magic.

O-Cedar Polish

Just a speck of dirt . . .
in a sudden cut
then a throbbing pain . . .
and **TROUBLE STARTS!**

It can happen as easily as that . . . and just because it was not given proper attention at the right time. A chance sprain . . . it can mean crutches for someone . . . and that after weeks in bed. It's best to have Poulticine, the Modern Anticeptic Poultice, at hand . . . ready when wanted . . . prepared for immediate application when these things happen . . . and they do and will, even in your own household.

Keep Poulticine in the home. It means instant relief for Cuts, Sprains, Bruises, Boils, Bronchitis, Pleurisy. and all deep-seated Inflamation.

"POULTICINE"

Another Lawrence Product obtainable from all chemists

½lb, 1lb, 2lb, 5lb Tins — 1/9, 3/- 5/6, 10/6

Fortunately, laws have been passed which ensure that the food we get is pure and fresh. At the same time, care must be taken that it does not become contaminated in our own homes.

You can do a great deal to ensure that shops keep their food clean if you only buy from the shops that are faultlessly clean; the others will soon be forced to mend their ways.

Very cheap antiseptics are sunlight and fresh air. Open windows and strong sunlight will kill most germs within a couple of hours.

Heat is also a very good disinfectant. Boiling water kills germs in 5 to 10 minutes. Consequently floors which are washed occasionally in very hot water are always sweet and clean.

Clothes and bedding should be changed frequently. They should be washed often and hung out in the air. This ensures that they do not harbour germs or insect parasites.

Cleanliness is the foundation of modern life, and the one reason we can all live together in comfort and happiness.

against Colds and 'Flu

—BE STRONG ON MILK

"A pint a day is the Healthy Way—
Order a pint per person daily."

ISSUED BY THE MILK BOARD

Marketing

MARKETING AND STORAGE OF FOODS

Buy Australian products whenever possible. If these are unobtainable, buy from other parts of the British Empire.

Pay cash or have weekly accounts.

File all receipts and check expenditure weekly or monthly. This is best done by keeping an account book.

Income is apportioned as follows:—Money for rent, food, clothing schooling, sickness, recreation, travelling, reserve fund for a temporary loss of employment and old age.

Study food values, choose fresh foods in season, and remember that expensive foods are not always the most nourishing.

Avoid spoiling good food by bad cooking.

Adopt the best method of cooking the various cuts of meat.

Select personally such goods as meat, vegetables, fruit and fish.

A set of scales and weights is useful for checking correct quantities.

Perishable goods should be purchased as required, but other dry goods, as flour, sugar, soap, etc., may be bought in larger quantities if proper receptacles are provided for storing them.

Bulged or dinted tins should not be bought. Empty the contents from the tin immediately after opening, and use same day.

Meat should be hung in a wire safe where the air is fresh and cool, or kept in the ice chest.

Keep milk in perfectly clean vessels, free from chips or cracks, and in a cool place. It should be scalded in hot weather. Protect from flies with net or wire gauze covers.

Foods should not be stored in paper bags or open packets, but emptied into airtight tins, screw-top jars, or earthenware jars with fitted lids.

All store tins or jars should be labelled.

Foods for children and sick people should be carefully selected and be prepared and cooked in the home kitchen.

Left-over foods should be placed on clean dishes in a wire safe or ice chest and used as soon as possible.

ARRANGEMENT OF MENUS

Menus should be arranged a few days in advance, keeping in mind the following points:—

(1) The climate and season.

(2) The age, occupation and health of the individuals.

(3) Keep within the expenditure allowed.

(4) Buy foods in season—they are better in quality, and cheaper.

(5) Provide as much variety as possible by adopting different methods of preparing and cooking the foods.

(6) Be economical in the use of gas, wood, coal, or electricity by cooking several dishes in the oven at once, by using steamers over saucepans, and keeping burners turned low under saucepans. Avoid placing small saucepans over large burners.

Hay boxes save fuel (see article on hay-box cookery, page 43).

IF YOU ARE NOT A MEMBER JOIN NOW

AND HELP US TO HELP YOU

HOUSEWIVES' ASSOCIATION

(Affilliated with the Federated Association of Australian Housewives)

Every Housewife should belong to this great movement where a comfortable lounge and tea rooms are provided for the use of members. The Association is now recognised as the official representative of the domestic consumer.

IT IS NON-PARTY AND NON-SECTARIAN

"UNITY IS STRENGTH"

Enrol at once by sending your subscription of 2/- to the Secretary

HOWEY COURT, 234 COLLINS STREET, MELBOURNE

President: Mrs. JOHN DOWNING *Secretary:* RACHEL ROBINSON Telephone: Cent. 2196

Science of Nutrition

THE HYGIENE OF MILK PRODUCTION

Milk has a dual nature. On the one hand it is an invaluable food, and on the other it is frequently the means of transmitting to man, the diseases of both animal and human origin.

All plans dealing with public milk supplies aim to preserve all the valuable qualities of milk as a food, while at the same time rendering it free from disease germs, with which it may have become contaminated.

The essential requirements for a safe milk supply are as follows:—

1. Cows should be healthy and free from mastitus, tuberculosis and other communicable infections.
2. All persons who come in contact with the milk or milk apparatus should be free from diseases and not be carriers. A minimum of human contact is essential.
3. The milking should be done in clean sheds, the cows' udders washed with dilute sterilising solution, the hands of the milkers should be clean and dry, and where machines are used, the teat cups and all milk lines should sterilised. The fore-milk should always be discarded.
4. The milk should be received into clean, sterilised vessels, seamless and with a small mouth to keep out dust and dirt. Strainers should be cleaned and boiled every morning and evening. Cans and other equipment should be washed with washing soda (not soap) or alkaline powder, rinsed in clean water, steamed and chlorine sterilised; chlorine is necessary to kill any germs which resist the heat treatment.
5. The milk should immediately be cooled to as low a temperature as possible, and kept in a clean place free from flies and dust until collected. If stirred, a sterilised plunger should be used.
6. The lower the temperature, the easier it will be to keep bacteria from multiplying. The milk in transport to the city should be kept as cool as possible and protected from dust.
7. On arrival at the city dairy, all supplies should be examined bacteriologically and for any abnormality, such as weedy taint. Any milk found to be below standard should be rejected, and the respective farmers notified.

Radiant Health ! !

BRIGHT EYES, firm teeth healthy complexion . . . all belong to children whose parents are wise enough to realise the value of the liberal use of milk in their daily diet. Fresh, pasteurised milk is the health food supreme, for it provides the best form of health for the whole family by building up the system against malnutrition, tuberculosis and other diseases.

Don't Experiment! Heed the advice of experts and see that every member of the family is provided with at least one pint of fresh milk every day. Be sure it is "safe" milk—bottled and pasteurised—as supplied by

Telephones:
J 2197
J 2198

LARCHER'S

Depot: 45 MOOR ST., FITZROY

N.6

8. All cans should be washed and sterilised before being returned to the producer.

9. All apparatus at the city dairy, such as pipe lines, pasteurisers and bottling machines should be kept scrupulously clean and sterilised daily with steam and chlorine.

10. Pasteurisation at 145° F. for 30 minutes should be followed by rapid cooling to less than 40° F. and the milk kept at less than 50° F. in a cool chamber until delivery to the consumer within 24 hours.

11. The pasteurised milk should be bottled by machinery in sterilised bottles, well sealed and dated.

12. Laboratory control of milk production is essential, including daily bacteriological examinations of the milk and sterilised bottles, and frequent chemical analysis.

13. A system of inspection and education to ensure the above requirements should be followed.

14. The efforts of producer and retailer to provide a clean, safe milk supply, must be continued by the consumer, who is advised to keep the milk in the bottle, in a cool place free from dust and flies.

Milk and milk products are the most important foods of civilised man; and as there is no adequate substitute for milk, the importance of a pure and wholesome milk supply cannot be over-estimated.

THE NUTRITIOUS VALUE AND ECONOMY OF READY-TO-SERVE FOODS IN CANS AND GLASS

As understood by H. J. Heinz Co. Pty. Ltd., Bendigo Street, Richmond, Melbourne.

Manufacturers of High Class Foods since 1869.

This is the unswerving rule of a very famous preserving house—that all tomato products, soups, ketchup, tomato juice, etc., must be picked, cooked, and bottled or tinned in the same day. Obviously, there's a reason. This is the **only** way to retain all the rich ripe goodness—the body, the vitamins, and the fine, smooth, natural taste of the tomato. And more than this, the very tomato **plants** are especially raised and grown for Heinz, cultivated and cared for by selected growers. And then, at the very peak of their sun-ripened perfection, they're picked, cooked and bottled, all in the same day.

FOR BREAKFAST! LUNCH!
DINNER! SUPPER!

Serve one of the famous

HEINZ

57 *VARIETIES*

Just a reminder:

HEINZ READY TO SERVE **SOUPS**
SPAGHETTI
MAYONNAISE

HEINZ OVEN BAKED **BEANS**

JUST A FEW OF THE "57" MADE IN AUSTRALIA

EVERY HEINZ PRODUCT IS GUARANTEED

If you're not completely satisfied with any of the Heinz '57' Products — your grocer will refund the purchase price in **full.** *What a Guarantee!*

But this is merely one of the many exceptional precautions taken in the production of Heinz tomato products—for it is Heinz, of course, that we are talking about. Nothing but **whole** fruit is used in the Heinz kitchens. Every single tomato is hand-checked for wholeness and full-red ripeness, then washed over and over till not a speck of impurity can remain. So drastic is the washing that if the skin of the tomato is even cracked, the entire flesh of the tomato is washed away—surest possible guarantee that only whole, sound fruit goes into the Heinz product. Notice another thing: the rich redness of Heinz tomato ketchup or juice. That color is natural, there is no artificial colouring in Heinz goods, just as there are no artificial preservatives, and a **natural** red colour like this can come only from fruit on which not a speck of green remains.

The kind of care and attention of which this is typical accounts for the absolute perfection of all Heinz products. Not only do Heinz tomato products receive such attention—every one of the famous Heinz 57 varieties has to pass such rigorous scrutiny and tests as only chefs skilled by years of training and experience can give.

Heinz offer foods that have no equal. Wherever you travel in the world you'll find that the best houses serve Heinz. They also know that the daily use of Heinz foods means **the best of wholesome ingredients prepared so that they can be tastily served with speed and economy.**

Soups with Speed and Simplicity.

Making soups isn't an easy job, as you have already found out. It doesn't consist of putting a few sliced vegetables and a knuckle in a saucepan. A few years ago our mothers regularly spent many hours with gravy beef and stock, and a lot of valuable time cleaning and cutting vegetables, and sometimes they achieved success, and other times things were not so good.

Those days of unnecessary drudgery and uncertainty have gone for ever. Heinz have taken guesswork out of the soup-kettle. Heinz give you the best soup that money can buy—ready-to-serve.

Serve Heinz delicious soups yourself—try them—and see just how tasty each of the fourteen kinds is. Get into the way of serving a **different** Heinz soup every day for a fortnight. Serve Heinz—such variety—and so little to do.

Free Heinz Recipe Booklet.

Write in to H. J. Heinz Co. Pty. Ltd., Bendigo Street, Richmond, for free Recipe Booklet of tasty baked beans, and also delicious salad recipes.

Salad Sense! Hints for Hot Weather.

There are three things you must have to make a good salad. One is a big bowl to mix it in (though you should serve your salads on individual salad plates at table), a pair of salad servers, which need cost very little, and a perfect salad dressing.

You could, if you were so disposed and had the necessary time and patience to get perfect ingredients together, make this dressing yourself in an hour or so by blending together new-laid eggs, pure olive oil and plenty of cream, drop by drop. But it is very much easier to achieve the same result and make **sure** of perfection by simply getting a bottle of Heinz mayonnaise. This dressing is made of those identical ingredients, plus the skill of Heinz chefs, plus subtle seasoning. which is almost impossible to imitate. Heinz mayonnaise gives the professional touch to any salad you make—and it keeps.

Your uses for such a mayonnaise don't stop here. As an accompaniment to boiled or fried fish there's nothng more delicious. Cold potatoes in a potato salad with Heinz mayonnaise makes the family (or the guest) beg for more. And as a tasty sandwich spread it's absolutely super!

Heinz—that makes the difference.

There's More Than Meets the Eye in a Perfectly Baked Bean!

When you take a tin of Heinz Baked Beans from the shelf you usually think in terms of a meal that is thoroughly enjoyable, and quick and easy to prepare. You think of a tasty food that only needs to be heated, and then served piping hot and delicious in dozens of different ways, on toast or alone, as a second vegetable, or in sandwiches and salads, etc. But there's more to it than that. Heinz Baked Beans are really BAKED in ovens to cook them more thoroughly and make them more digestible, to break their minute cells so that they can absorb the rich, specially-prepared Heinz tomato sauce that gives them such appetizing flavour. This oven-baking is only one detail in the process of preparing Heinz Baked Beans—there are three other cooking processes used to give cooking perfection before the actual baking begins.

That's why Heinz Baked Beans have that melt-in-the-mouth deliciousness. Every tin is a tin of concentrated goodness. When you serve them for the family you're following the example of many polar expeditions and the British Admiralty—they also know that wholesome goodness means Heinz.

SPECIAL MENU AND VEGETARIAN DIET

POINTS TO CONSIDER

(1) When meat is omitted from the diet, foods equivalent in value must be added.

(2) Variety must be introduced.

(3) Flavourings must be carefully added.

MONDAY

Breakfast.—Milk, toast, honey, cereal, coffee.
Dinner.—Pea soup, tomato, egg on toast, college pudding, sauce, nuts.
Tea.—Jellied sweet corn on lettuce leaves, vanilla cream mould, cake. dried figs.

TUESDAY

Breakfast.—Puffed wheat, savoury rice, prunes.
Dinner.—Asparagus soup, macaroni, cheese, peas, potatoes, baked lemon pudding.
Tea.—Scrambled egg, lemon snow custard, fruit, nuts.

WEDNESDAY

Breakfast.—Poached egg, toast, honey, cereal, coffee.
Dinner.—Cheese, soup, tomato and egg pie, beans, cream potatoes, bananas in lemon sauce.
Tea.—Carrot salad, baked pears, custard, cake.

THURSDAY

Breakfast.—Puffed rice and quinces, honey, toast, hot milk.
Dinner.—Tomato soup, vegetable stew, beans, rice mould and sauce.
Tea.—Lettuce and tomato salad, wholemeal bread, fruit, custard, nuts, raisins.

FRIDAY

Breakfast.—Scrambled egg, fruit, milk.
Dinner.—Scotch broth, baked Boston beans, baked parsnips, brown gravy, steamed date pudding, sauce.
Tea.—Plain rice, egg, gravy, cocoanut blanc mange, cereal coffee, fruit.

SATURDAY

Breakfast.—Wheatmeal porridge, raisins, boiled egg, toast, hot milk.
Dinner.—Asparagus soup, lentil cutlets, potatoes in jackets, beans, duchesse cream.
Tea.—Carrot salad, steamed figs, wholemeal bread, nuts.

SUNDAY

Breakfast.—Tomato, egg on toast, wholemeal bread, cereal, coffee.
Dinner.—Vegetarian soup, green peas, roast pumpkin, potatoes, angels' food, custard, nuts.
Tea.—Macaroni fritters, orange pudding, cake, cereal coffee.

MENUS FOR CONVALESCENT DIET

Foods for convalescents need to be nourishing to build up the body and repair waste due to illness.

Foods rich in protein (flesh-formers) must be served at each meal. These foods are meat, fish, poultry, eggs, milk, cheese, pulses and nuts.

To balance the diet, fresh fruits and vegetables must be eaten; skins included for roughage; some citrus fruits daily.

No liquids with meals.

Two glasses lemon drink or orangeade half to one hour before meals.

MONDAY

Breakfast.—Wholewheatmeal porridge with honey, wheatmeal bread, butter, raw ripe apple.
Dinner.—Mutton broth, grilled chop, mashed potatoes, spinach, steamed cup pudding, white sauce, grapes.
Tea.—Wheatmeal scones, bread, butter, jelly and stewed fruit.

TUESDAY

Breakfast.—Oatmeal gruel, poached egg, toast, marmalade, fresh fruit.
Dinner.—White soup, baked mutton, baked potatoes in jackets, pumpkin, peas (cooked in oven in casserole), Semolina pudding.
Tea.—Tomatoes on toast, wheatmeal bread, butter, a ripe pear.

WEDNESDAY

Breakfast.—Bread and milk, fried sweetbread, bread and butter, honey, fresh fruit.
Dinner.—Lentil soup, boiled fish, sauce, jacket potatoes (boiled), beans, junket and prunes.
Tea.—Bread and butter, jam, angels' food.

THURSDAY

Breakfast.—Wheatmeal porridge, grilled chop, toast, honey, orange.
Dinner.—Veal broth, fricassee of tripe, mashed potatoes, beans, stewed fruit, steamed custard.
Tea.—Wholemeal cake, bread and butter, fresh fruit.

FRIDAY

Breakfast.—Oatmeal porridge, poached egg, toast, fresh fruit.
Dinner.—Mutton broth, brain cakes, potatoes (mashed), peas, apple cake, custard.
Tea.—Lettuce and nut salad, bread and butter, jam.

SATURDAY

Breakfast.—Wheatmeal, porridge, scrambled egg, toast, fresh fruit.
Dinner.—Boiled fowl, bread sauce, mashed potatoes, beans, steamed college pudding, custard.
Tea.—Chicken broth, bread and butter, jam, steamed custard.

SUNDAY

Breakfast.—Fricasse of brains, toast, honey, baked apple.
Dinner.—Pea soup, baked jacket potatoes, baked pumpkin, cauliflower and sauce, queen pudding.
Tea.—Chicken salad, wheatmeal bread, butter, jam, fresh pineapple.

YOUNG CHILDREN'S DIET

MONDAY

Breakfast.—Wheatmeal porridge, wholemeal toast, marmalade, cocoa.
Dinner.—Grilled chop, marrow and sauce, boiled apple pudding, sauce.
Tea.—Lentil soup, wholemeal bread, honey, junket.

TUESDAY

Breakfast.—Flaked oatmeal, toast, honey, fruit.
Dinner.—Fricassee chop, beans, mashed potato, college pudding, sauce.
Tea.—Soft-boiled egg, bread and butter, hot milk.

WEDNESDAY

Breakfast.—Stewed peaches, wholemeal bread, honey, cup of milk.
Dinner.—Steamed fillets of fish, mashed potato, raisin pudding, sauce.
Tea.—Fricasseed tripe, wholemeal bread and butter, sponge cake.

THURSDAY

Breakfast.— Oatmeal porridge, poached egg on toast, cocoa.
Dinner.—Baked lamb, baked potato, pumpkin, baked milk rice, baked apple.
Tea.—Wholemeal bread, jam, blanc mange, prunes.

FRIDAY

Breakfast.—Bread and milk, boiled egg, wholemeal bread.
Dinner.—Fricassee brains, mashed potato, beans, milk sago, stewed quinces.
Tea.—Broth, wholemeal bread and butter, marmite.

SATURDAY

Breakfast.—Crispies and hot milk, toast, marmalade, fruit.
Dinner.—Barley broth, fricassee rabbit, beans, mashed potato, milk, rice, prunes.
Tea.—Bread and butter custard, sponge cake, milk.

SUNDAY

Breakfast.—Wheatmeal porridge, boiled egg, toast, raisins.
Dinner.—Pea soup, baked sirloin beef, baked potatoes, beans, baked custard.
Tea.—Wholemeal bread, lettuce salad with tomato, jelly and custard. sponge cake.

POINTS TO CONSIDER

(1) Give foods of a high food value.
(2) Milk should be used in the preparation of most foods.
(3) Vary the diet.
(4) Meals should be nourishing to build up the growing child.
(5) Avoid rich foods.
(6) Employ light methods of cooking, as steaming, grilling, baking, boiling stews.
(7) Main meal should be at mid-day.
(8) Avoid soft foods that do not require masticating.
(9) Give liquids between meals.
(10) Use the best quality ingredients.

HOUSEHOLD HINTS

Cleaning Varnished Paint.

Do not use soap or soda, as it is liable to remove the varnish. Use Steelo or tea leaves from the teapot, pour hot water on them and let stand for 15 minutes. Wash the paint with this liquid, using a soft cloth.

Blackleading Stoves.

When mixing blacklead for stoves, use turpentine in place of water, It makes the stove much easier to polish, and gives a better lustre. **(Do not use this while the fire is alight.)**

Removing Inkstains from Carpets.

If salt is spread over the ink as soon as it is spilt, it will absorb the ink in a few minutes, leaving practically no mark.

Polishing Steel Fire Irons and Fenders.

Use Steelo or make a paste of brick-bath and turpentine. Rub with a flannel pad and polish with a soft, clean rag.

Cleaning Windows.

Ammonia sprinkled on a pad of damp newspaper and rubbed over the window will be found effective in keeping flies away.

Cleaning Furniture.

First wash the furniture with equal parts of vinegar and water, using a soft flannel rag. Allow to dry, and rub over with a clean flannel rag and linseed oil. Finish off with any good cream or liquid furniture polish. Hot plate marks will often be removed if the spot is first rubbed with a piece of flannel dipped in kerosene and finished off with spirits of wine on a soft cloth. If the original polish has been completely removed, rub over with linseed oil and then polish briskly, using changes of clothes to remove all trace of damp oil.

Cleaning Bronze.

Wipe over with an oil cloth and polish with a soft duster. This will keep bronze ornaments in good condition.

Cleaning Wallpaper.

If delicately coloured wallpaper has become soiled, clean by gently rubbing with a soft duster finely sprinkled with plaster of paris or stale bread.

Removing Tarnish from Silver or Plate.

Dissolve whiting in methylated spirits and apply with a soft cloth. This will remove even the worst tarnish. Use Steelo, dry, rubbing lightly.

Cleaning Brass.

Scrub well with strong ammonia and wash with clean water, finally drying with a soft cloth.

EASIEST FOR ALUMINIUM

Just try it on a pan that's burnt! Steelo scours everything off and polishes the aluminium at the same time. It restores all the natural colour and sheen of the metal. Steelo is a fine steel wool, properly made and graded for aluminium. It is splendid for all kitchenware and for getting rust stains off baths basins and sinks. Steelo saves labour.

1 PACKET OF STEELO CONTAINS 5 PADS AND SPECIAL SOAP - - - ENOUGH FOR 5 WEEKS.

Steelo 18

Banking for Women

THERE is no more convenient and satisfactory form of banking for women than an account in the State Savings Bank of Victoria.

The Savings Account, rightly used, is invaluable in maintaining the home finances always in a healthy condition.

Interest allowed on Current Account

STATE
SAVINGS BANK
OF VICTORIA

THE BEST PLACE FOR YOUR SAVINGS

Cleaning Straw Matting.

If salt is added to the water used when cleaning straw matting it will prevent the matting from turning yellow.

Preventions Against Silverfish, Moths, etc.

If wardrobe drawers, trunks, etc., are brushed over with spirits of wine or turpentine there will be far less likelihood of silverfish or moth doing any damage. Camphor or napthaline will also be found very effective, but the odour is rather penetrating. Brush and clean all clothes carefully before putting away for the winter months, as moths are more liable to attack clothing if there are any dirty spots. Moths and silverfish may be kept out of carpets by washing the floor over with turpentine before the carpet is laid.

Cementing China.

Make a thick solution of Gum Arabic in warm water and add Plaster of Paris until it is quite thick. Apply to the broken edges and press them tightly together. This is a white cement, and is very easy to use.

(1) Save the wrapping paper from butter to grease or line cake tins.

(2) Brown flour in the oven while the meat is baking. This saves time and gas when making the gravy, and also results in a better, brown gravy.

(3) Sharp knives save time and prevent waste.

(4) Use some of the water in which vegetables have been cooked when making sauces and gravies.

(5) Parsley and mint may be washed, then dried in a very slow oven, then powdered and stored in sprinkler-topped jars. This is most useful when flavouring or garnishing.

(6) Hard dripping, if slightly heated and creamed with the juice of half a lemon and a pinch of carbonate of soda, makes an excellent fat for pastry making.

(7) A small pinch of carbonate of soda, added when stewing very acid fruits, saves sugar.

(8) Save all scraps of fat.

(9) Short curtains will hang better if put on the rods and placed in position while wet. Choose a good drying day.

(10) Always clean drains and lavatories on washing day, because there will be plenty of hot, soapy water. Washing soda may be added and the cleansing action will be better.

(11) Clean newspaper should be given a place in every kitchen. Its use will save much time and labour, but on no account must it come into contact with food. Use it when preparing vegetables and fruits, for wiping greasy knives or dishes, and for wrapping refuse before it goes into the garbage tin.

USEFUL HINTS

A person in health requires 3,000 cubic feet of fresh air per hour, and a sick person is better with half as much again, or 4,500 cubic feet.

A disinfectant is a body capable of destroying micro-organisms.

Sugar eaten with bananas renders them more digestible.

Japanese matting should not be washed with soap. Brush it well and wipe it over with a cloth wrung out of salt and water.

Washing oilcloth with skimmed milk will make it look bright.

A piece of camphor put in the oil of a lamp will give a much brighter light.

To get rid of insects from cupboards, wash the cupboard well with carbolic acid, or paint the shelves with turpentine.

Cut flowers may be revived by putting the stalks into boiling water and leaving them until the water becomes cold, then cutting the ends of the stalks and standing in cold water.

A good polish for furniture may be made by mixing equal parts of vinegar and lucca oil, and applying it with a piece of flannel to the furniture.

A glass stopper may be removed from a bottle by pouring a little salad oil over it and allowing to stand for a few minutes, then the stopper will be removed quite easily.

A decanter may be cleaned by placing pieces of newspaper, rolled up into pieces the size of a pea, into it, and washing well with hot soda water. Potato peelings or tea leaves are equally good.

If a cake is burnt, then scraped and brushed with beaten white of egg, dusted with castor sugar and put back in the oven for five minutes all traces of burning will disappear.

Weights & Measures

(1) Always keep your scales clean.
(2) Use plain white paper on scales to weigh stores.
(3) Keep scales free from obstructions when weighing.
(4) When scales are not in use, remove all weights, clean, dry, and put away.

When scales are not available, the following tables may be useful:—

A spoonful or cupful of liquid means the spoon or cup should be filled level with the top.

1 heaped tablespoon flour	1 oz.
1 scant tablespoon sugar	1 oz.
1 scant tablespoon rice, barley or split peas	1 oz.
1 tablespoon butter or fat	2 oz.
2 tablespoon breadcrumbs	1 oz.
2 tablespoons chopped suet	1 oz.
1 breakfast-cup flour	4 ozs.
1 breakfast-cup butter	½ lb.
1 breakfast-cup crystallised sugar	½ lb.
1 breakfast-cup soft sugar	6 ozs.
1 breakfast-cup liquid	½ pt. or 2 gills.
6 tablespoons liquid	¼ pt. or 1 gill.
1 fresh egg weighs about 2 ozs.	
4 medium-sized potatoes weigh about 1 lb.	

NECESSARY KITCHEN UTENSILS

1 Griller
1 Colander
1 Pastry board
1 Pastry brush
1 Flour sifter
1 Potato masher
1 Frying pan
1 Omelette pan
1 Flour scoop
1 Sieve
1 Rolling pin
1 Baking dish and trivet
Sandwich tins
Cake and patty tins
1 Vegetable knife
1 Wooden spoon
1 Basting spoon
1 Tin opener
1 Cork screw
1 Egg whisk
1 Gravy strainer
Set of saucepans
Set of scales and weights
Set of measures
Clock
Asbestos mats
Pudding basins
Pie dishes
Mixing bowls
Tin moulds
Skewers
Heat-proof holder
Soap holder
Tea towels

FIRST AID IN THE HOME

Burns and Scalds — Fainting — Insect Bites
Bleeding — Poisoning — Convulsions
Electrical Injuries — Artificial Respiration

The aims of first-aid are to remedy any injuries that have occurred, not to do anything that may cause further harm to the patient, and to send for a doctor at the earliest opportunity. The main thing necessary is commonsense. Important things should be treated straight away. For instance, it is of little use mending a fracture while the patient is bleeding to death from a cut artery. Do the important things first and leave the others until later.

BURNS AND SCALDS

It was once thought necessary to exclude air immediately from a burn. This is not necessary with a severe burn. Shock must be treated first.

To Treat a Severe Burn.

(1) **Avoid all unnecessary movement of the patient.** Unless it is absolutely necessary to move him, leave him alone and make him comfortable where he is until he has recovered a little from the shock.

(2) **Attending to the Wound.**—If the burn is of any size, do not attempt to clean it. Cut away any burnt clothing and cover the affected area with strips of gauze or clean cloth soaked in a solution of sodium bi-carbonate (baking soda). The water should be warm.

(3) **Keep the patient warm** by covering him with a coat or blanket, if such be necessary, or put hot-water bottles to the feet. Place a folded-up rug or coat under his head, and obtain medical aid as soon as possible.

While small burns can be well treated by covering them over immediately with some greasy substance, such as carron oil, olive oil, or even butter, there substances are not advisable for large burns. They tend to dry, cake and stick to the raw surfaces of the burn, and give much unnecessary pain and trouble in removal.

FAINTING

Fainting is a temporary loss of consciousness. There are many causes of fainting, and disease is not necessary. Thus, people may faint at sights that upset them emotionally, or they may even faint from lack of fresh air or similar reasons. On the other hand, fainting may be associated with such conditions as heart disease, or it sometimes occurs through indulgence in baths that are too hot, especially in people who have some physical illness. Extreme pain may also cause fainting, as may a shock to the nervous system, or a blow on the head or abdomen, or even disgusting smells. The symptoms of fainting are well known. Usually there is a certain amount of warning. The affected person becomes pale, the pulse becomes feeble, there is a sinking feeling, and sight and hearing becomes blurred; then his knees sag, perspiration comes out of his face, and he falls down.

Anyone who feels faint should immediately sit down and bend his head down between his knees as far as is possible. This causes a flow of blood to the head, and prevents fainting. Rapid gulps of cold water may bring about the same effect, and in any case a glass of cold water should always be given to anyone feeling faint. If a person has fainted, lay them over on the back, take care that their breathing is not impeded, and keep back any crowd that may gather. Place a handkerchief soaked in cold water to the head, and when the person shows signs of recovering, give them a little brandy or some other form of spirits.

INSECT BITES

There are several insects capable of giving poisonous bites from which death may result. The severity of the symptoms following poisonous bites depend to a large extent on the age and size of the person bitten. Thus, a grown man will not be affected nearly as much as a child, and a big person will not be affected so much as a small person. It will be seen that bites from insects are much more likely to have fatal results in children than to adults.

Spiders.

There are several poisonous species of spiders in Australia. Two are widely known—the trapdoor spider and the red-back spider.

(1) **The Trapdoor (Funnel Web).**—Trapdoor spiders are bush or garden spiders. They usually construct their burrows in the ground, with little hinged doors at the top. Not all of them, however, do this, for some will be found with webs under logs, stones or in dry sticks; the funnel-web spider is one of these. Trapdoor spiders are fierce and aggressive.

(2) **The Red Back.**—Red backs build their nests in any dark corner or under any old disused rubbish, such as old tins, stone or rocks. They are often found under the seats of country lavatories.

The tarantula, often found in the house, is actually not a poisonous spider, and lives on flies and mosquitoes. It can, however, give a nasty bite.

TREATMENT OF SPIDER BITE

A spider injects poison into the body, just as does a snake, and the treatment is the same as for snake bite.

(1) Apply a ligature immediately above the bite. This is not possible, of course, in some parts of the body.

(2) Make a few cuts, no more than a quarter of an inch deep, over the bites, and encourage bleeding.

(3) Seek medical aid as quickly as possible.

BLEEDING

Blood circulates through the body in the process of carrying food and oxygen to the furthest parts of the body and carrying away impurities. Thus, it can be seen that there must be blood vessels which carry blood away from the heart and vessels carrying blood back to the heart.

The former are called arteries and the latter are called veins. An injury may result in one of these blood vessels, either an artery or vein, being severed, and serious bleeding may result from it.

Blood from an artery is a bright red colour, and is ejected from the wound in a series of spurts. Blood from a vein is much darker in colour, and wells out from the wound.

Speed is essential in this treatment, for a person can bleed to death in a few seconds.

Apply firm pressure with a fold-up handkerchief or a piece of gauze or cloth. This may stop the hemorrhage. If the pressure over the bleeding point does not stop the bleeding, apply a ligature. If the bleeding is from an artery, place a ligature between the wound and the heart. If the bleeding is from a vein, place a ligature below the wound. A ligature can only be used around a limb. A handkerchief, bootlace, bandage or tie makes an excellent ligature. Whatever is used should be tied tightly in the appropriate situation; to tighten still further, a pencil or piece of stick can be inserted between the folds of the knot and twisted until the bleeding is stopped. This may cause a great deal of pain, but is essential. The ligature can be kept tight by holding the stick or by tying it down to the limb.

It is sometimes necessary to place a ligature below and above the bleeding. This is so in the case of ruptured varicose veins. Varicose veins are usually found in the legs.

Do not give alcohol to a bleeding person; alcohol increases bleeding.

As soon as possible use a reliable antiseptic to bathe and treat any open cut or wound. It is advisable to keep a bottle of antiseptic in the home.

POISONING

There are very many substances which can act as poisons. Ordinary household substances or garden plants, or even decomposing foods, can cause poisoning.

Poisons, however, can be divided into two groups—those which burn the mouth and throat and those which do not. The former are called corrosive poisons.

Treatment.

Speed is essential. A person can die in a very few moments from a dose of poison. The poison must be eliminated speedily, and medical aid summoned as soon as possible.

(1) Make the patient vomit, A cup of water, to which has been added a tablespoonful of mustard or a couple of tablespoonfuls of salt is excellent for this purpose.

(2) Certain poisons, however, burn the mouth and throat going down, and if vomited will do more damage coming back. The presence of these particular poisons can be determined by brown stains around the mouth or white stains inside the mouth. If it has been established that these have been swallowed, it is better to give milk, white of egg in water, oils, such as olive oil, or some similar substance to lessen the severity of their action. For all poisons there is a suitable remedy.

CONVULSIONS

Convulsions frequently occur in children, and are often of a trifling nature, though sometimes they are extremely serious.

Convulsions may occur during the course of a disease, but often happens from some simple cause, such as a child eating something that disagrees with it.

Treatment of Convulsions.

Place the baby in a warm bath. Apply cold pads to the head. Care must be taken that the bath is not made too hot. This is quite liable to occur in the general excitement of the moment, and the child may be scalded badly. Next send for the doctor. When the child has recovered from the fit an endeavour should be made to discover the reason for it. A dose of castor oil or enema will often work wonders.

ELECTRICAL INJURIES

Nowadays, when almost every house has electricity installed, we are apt to forget that it is very dangerous unless proper care is taken. Nobody who is not an electrician should meddle with switches, and any electrical installation that is cracked, broken, or in any way different from normal should be left alone. Electricity gives no warning. One inquisitive touch may mean death; electric irons, vacuum-cleaners, and wireless sets are all sources of danger.

It should not be forgotten that water is a good conductor of electricity, and that wet switches may give a shock to a person touching them. So be especially careful of switches in the bathroom, laundry, and such places.

What to do for a Person who has been Electrocuted.

Do not touch him without precautions. Rubber is a non-conductor of electricity, and a rubber glove is the safest thing for handling the affected person.

If a rubber glove is not available, take hold of a long dry stick, such as a broom handle, stand on papers several sheets thick, and try to push the person away from the wire or the switch, or the wire away from the person.

Never grasp anything which you may suspect is loaded with electric current; if any article is suspected, touch it with the back of the hand. Any electric shock will then throw the hand away from it, instead of contracting it in a grasp from which there may be no release.

Electricity paralyses the muscles of breathing, and sometimes the muscles of the heart; if only the muscles of breathing are affected then it may be possible to revive the patient by artificial respiration.

Artificial Respiration.

Artificial respiration is best carried out by laying the patient face downwards with his arms folded underneath him, and his head turned to one side, resting on the arms. The rescuer sits on the patient's buttocks and rests the hands, palms downward, on the small of the back. He then leans forward, throwing the weight of the body on the hands. He repeats this about fifteen times to the minute. Artificial respiration is used for many things; it may be necessary after snake bite, after electrical injuries, as well as after drowning. People apparently dead have been revived after artificial respiration has been carried out for a period of over two hours, or even longer. It should be persisted in while there is even the slightest sign of the heart beating.

Cooking

COOKERY HINTS

Cheese may be kept from moulding or becoming dry by wrapping it in a cloth damped with vinegar and kept in a covered container.

To cut new bread, first dip the knife into boiling water.

Greaseproof paper dipped in hot milk may be used to cover jams when dry; it is firm like parchment.

A tiny pinch of salt added to the whites of eggs will make them froth much more quickly than otherwise.

Stale scraps of bread, thoroughly dried in an open oven and then crushed with a rolling-pin to a fine powder, will always be handy for the preparation of cutlets and fish.

When preparing egg and bread-crumbs for fish, cutlets, etc., beat 1 tablespoon of salad oil with each egg. Besides being economical, it holds the bread-crumbs well and has no perceptible flavour.

If a piece of greased paper is put over the top of any boiled puddings before the cloth, it keeps the pudding nice and firm and enables the cloth to be washed more easily.

The stalks of currants and sultanas may be removed quickly by well flouring the hands and rubbing the currants hard between them. This is quite effective, and takes less time than picking them separately.

When breaking eggs, you can avoid having an egg that is not quite fresh spoil the others by breaking them separately into a saucer and emptying each one from the saucer as soon as you ascertain whether it is quite fresh.

To preserve parsley through the winter, wash freshly-gathered parsley and remove from it all grit and dirt; put into boiling slightly salted water (which has been well skimmed), boil for 2 to 3 minutes. Take out and drain and lay on a sieve in front of a fire or in the hot sun and dry as quickly as possible. Store in bottles in a very dark place. When wanted for use, pour a little warm water over it and let it stand for about 5 minutes.

Mix mustard with warm water and a pinch of salt and it will keep a good colour.

Warm milk used instead of cold when mashing potatoes will be much lighter.

If onions are cut under running water they do not cause the eyes to water.

To prevent milk from burning, cover the bottom of the saucepan with water and boil rapidly, and then pour in the milk.

INVALID COOKERY

This branch of cookery requires much thought and care. Some helpful rules are as follows:—

(1) Observe scrupulous cleanliness. This means cleanliness of person, avoidance of chipped or cracked utensils, protection of food from flies and dust, and, in the case of an infectious disease, keeping the patient's crockery and cooking utensils quite separate.

(2) Choose the freshest and best of ingredients.

(3) Cook by the lightest methods, namely, steaming, grilling and boiling.

(4) Do not overflavour any food—remember, more can be added, but too much cannot be taken out.

(5) Be punctual with meals. It is a good plan to have some food partly in readiness.

(6) Only serve very small quantities of food.

(7) Use pretty china, well-polished silver and glassware, and clean, nicely ironed linen. Dainty serving entices the appetite of the sick one.

The following recipes will prove helpful:—

BEEF TEA

½ lb. gravy beef, ½ pint water, 1 level teaspoon salt.

Method.—Gash meat, put into saucepan with cold water and salt and stand on an asbestos mat over a very low gas jet. Cook for 1½ to 2 hours, keeping the meat well pressed (during this time) with a spoon. It must not even simmer. Serve hot with finger-lengths or sippets of dry toast.

FOR ANAEMIA AND CONSUMPTION

MEAT ESSENCE

4 oz. lean mutton, 4 oz. lean veal, 4 oz. lean beef (shredded).

Method.—Place in a thick double saucepan. Cook very slowly till all liquid is extracted. Serve one tablespoon only at a time.

RAW BEEF TEA

½ lb. shredded lean beef, ½ pint cold water, ¼ teaspoon salt, ¼ teaspoon lemon juice.

Method.—Place in covered jar for one hour, strain and serve two tablespoons only in a coloured glass.

MILK DIET—SUET MILK

½ pint milk, 1 teaspoon shredded suet.

Method.—Simmer 30 minutes, strain. Invaluable for chest and stomach disorder.

CUP OF ARROWROOT

½ pint milk, pinch of salt, 1 teaspoon sugar, 1 level dessertspoon arrowroot or cornflour, nutmeg (if allowed), sippets of toast.

Method.—Blend arrowroot or cornflour with a little of the milk. Put remainder of milk on to boil with salt. When nearly boiling, draw it aside from the fire. Add the blended arrowroot, stir well. Return to the fire and cook for three minutes after it comes to the boil. Add sugar, stir well. Serve in a small bowl or cup. Grate nutmeg on top (if allowed). Serve sippets of toast separately on a small dainty plate.

HAY BOX COOKERY

Advantages of Hay Box Cookery.

It is an ideal method for foods that require long, gentle, even cooking. There is no likelihood of foods being burned. The busy housekeeper may leave her dinner to cook without attention whilst she goes about her work, knowing that it will be cooked when she is ready for it.

When cooking by gas or electricity the use of a hay box is a great economy.

To Make a Hay Box.—Choose a strong, well-made box, free from cracks, at least eight inches larger than saucepans or cans to be used in hay box. Line the whole of the box, including the lid, with several layers of newspapers, then over this neatly tack a layer of flannel or floor felt. On the bottom of the box pack in fine hay to a depth of four inches. Now place the number of saucepans or cans required in position, leaving four inches between each. Pack hay firmly around each, not leaving any spaces without hay, and having a thickness of at least four inches on outer sides.

When saucepans or cans are removed, a nest is left, into which saucepans are returned each time box is used.

A cushion is made of flannel or felt, and stuffed with hay until large enough to fill remaining space above the saucepans. If two saucepans are being used, it would be advisable to make two small cushions instead of one large one, otherwise foods will have to be placed in and taken out of the box at the one time. The lid should be hinged and fitted with a clasp or fastener. The outside of the box may be stained and polished to improve the appearance.

A deep tin trunk makes an ideal hay box. Newspaper balls may be used in place of hay. The best utensils for a hay box are enamelled saucepans with small handles on either side at top, or large earthenware casseroles, as these retain the heat longer. Cans may be used, but avoid iron saucepans, as these discolour food.

A specially made vessel, with a tightly fitting lid, about the size of a kerosene tin, fitted with rests on sides, may be obtained from a tinsmith. If this is used a hot soap stone must be placed into it to heat it, then saucepan containing boiling food is placed inside this. Soap stones are obtainable at hardware shops, costing about five shillings each. The soap stone is left in the hay box all the time to help retain the heat.

Hay box cookery is cooking in stored heat, so the box must be airtight, otherwise the heat escapes and the box is useless.

Rules for Hay Box Cookery

1. All food must be at boiling point and in heated utensils when placed in box.
2. The utensils used must have tightly fitting lids.
3. Do not uncover the foods until ready to be moved from box.
4. Foods take about four times the length of usual time to cook in hay box.
5. Foods must be reheated if necessary before serving.
6. For very large joints of meat or any food taking a very long time to cook, remove from box at end of four hours and bring to boil again before returning to box to finish cooking.

Time Table for Cooking

Food.	Time for Cooking Before Placing in Hay Box.	Additional Time in Hay Box.
Soup	¼ hour	6 hours.
Fish	5 minutes ..	½ hour.
Irish Stew	½ hour for meat, 5 min. with vegs. ..	2½ hours.
Beef Stew	¾ hour	3½ hours.
Potatoes or Vegetables	5 minutes ..	1½ hours.
Boiled Rice ..	2 minutes ..	2 hours.
Stewed Fruit	2 minutes ..	2 hours.
Porridge	5 minutes ..	All night.
Boiled Meat	45 minutes ..	4-5 hours for a 6-lb. joint.

BREAKFAST DISHES

FRIELD BACON AND BANANAS

4 rashes of bacon, 4 bananas, 1 dessertspoon flour.

Method.—Remove the rind of the bacon. Soak in a little boiling water. Place in a cold frying pan, fry until fat is clear. Skin bananas and cut in halves lengthwise and then into halves across. roll in flour, and fry until a golden brown in the hot fat from which the bacon was removed. Serve hot with triangles of toast.

FRIED BACON AND TOMATOES

4 rashes of bacon, 4 tomatoes, salt and pepper.

Method.—Remove rind from bacon. Soak in a little boiling water for a few minutes. Place in a cold frying pan, cook slowly until the fat is clear. Remove bacon on to a hot plate. Wash and dry tomatoes. and cut into thick slices crosswise. or. if small. into halves. Sprinkle with salt and pepper. Cook in the hot bacon fat until tender. Serve on rashers of bacon with a sprig of parsley on the top of the tomato.

TOASTED CHEESE

Method.—Shred some cheese into an enamelled saucepan in which has been previously melted small lumps of butter. Add a dessertspoon of milk. with pepper and mustard to taste. Press with a fork till the cheese has quite melted. Be careful not to stir it round. as that makes the mixture stringy and hard. When soft like thick cream. spread on slices of hot buttered toast and serve at once on a hot dish.

BOILED EGGS

Three methods may be used for boiling eggs:—

(1) Place eggs in cold water, bring to the boil, and then boil for one minute.
(2) Place eggs in boiling water for three minutes.
(3) Prepare a saucepan of boiling water, place the eggs in, lift off the fire, and allow to remain for six minutes.

CURRIED EGGS

¾ oz. butter, ½ oz. flour, ½ small onion, 2 hard-boiled eggs, small apple, ¾ teaspoon curry powder, ½ cup stock.

Method.—Fry the apple and onion, sliced finely, to a light brown colour, add the butter. Mix the flour and curry powder, smooth with the stock. Add it gradually to the apple and onion, then the rest of the stock, stirring all the time. Let this curry sauce cook for about 20 minutes. Slice the eggs and warm them through in the sauce.

POACHED EGG

1 egg, 6 drops of vinegar, ¼ teaspoon salt, 1 slice of buttered toast, ½ teaspoon chopped parsley, boiling water.

Method.—Make the toast, butter it, and keep hot. Fill a small frying pan with 3 parts of water, and bring to the boil. Add the salt and vinegar, and break the egg carefully into a saucer. While stirring the

water around quickly, drop the egg carefully into the middle of it, and allow to cook slowly from 3 to 5 minutes, until set. Take a spoon or slice and carefully lift the egg out and place on to the toast, and serve promptly. A little chopped parsley may be sprinkled over the top.

SCRAMBLED EGG

1 egg, 1 teaspoonful butter, ¼ teaspoonful salt, 1 pinch pepper, 2 tablespoons milk, ¼ teaspoonful chopped parsley, 1 slice of hot buttered toast.

Method.—Make the toast, butter it, and place on a plate over a saucepan of boiling water. Boil milk and butter, beat egg well, adding salt and pepper, and pour milk slowly on to the beaten egg. Place all in saucepan and stir over a gentle fire until thick. Care should be taken not to allow it to become hard. Remove from fire, add chopped parsley, and pile on to the prepared toast on a hot dish.

STEAMED EGGS

4 eggs, ¼ teaspoonful salt, pinch pepper, 4 tablespoons milk, 4 slices hot buttered toast, 1 teaspoon finely-chopped parsley.

Method.—Grease 4 cups with butter. Beat yolks of eggs with salt, pepper and milk. Beat whites stiffly and add to yolks. Pour into cups and steam gently until set, in a steamer or a saucepan with the water coming half way up the cups, and covering with greased paper. Serve on slices or rounds of hot toast, and sprinkle with finely chopped parsley.

EGG AND TOMATO

4 slices of hot buttered toast, 6 tomatoes, 1 dessertspoon butter, ¼ teaspoon salt, pinch pepper, 2 eggs.

Method.—Scald, skin and cut tomato into pieces. Fry in butter until quite soft. Season and add beaten egg. Stir over a low gas until egg is set. Pile on to the hot buttered toast. Garnish with a sprig of parsley.

TO PREPARE GRAPEFRUIT FOR BREAKFAST

Wash and cut the fruit into halves crosswise. Cut round the outer edge to loosen the skin, but do not remove the pulp. Sprinkle with a little sugar and allow to stand for 1 or 2 hours.

HAM CROQUETTES

2 ozs. grated ham, ½ lb. mashed potatoes, 2 hard-boiled eggs, butter, pepper and salt.

Method.—Chop the eggs fine and mix together with the ham, potatoes, and a little butter, adding the pepper and salt, and make into croquettes. Dip quickly into egg and breadcrumbs and fry in boiling fat until nicely brown.

KIDNEYS ON TOAST

4 slices of hot buttered toast, 4 sheep's kidneys, 1 dessertspoon flour, ¼ teaspoon salt, pinch pepper, ½ pint water, 1 dessertspoon chopped parsley.

Method.—Wash the kidneys in cold salted water. Skin and cut into dice. Place in saucepan with the water, salt and pepper, and simmer

gently ¾ hour. Blend the flour with a little water, add to the kidneys, and cook three minutes after the mixture boils. Serve on hot toast and sprinkle with a little chopped parsley.

MACARONI AND TOMATOES

½ oz. macaroni, ½ oz. flour, salt and pepper to taste, 3 tablespoons tomato sauce, 1 onion, 2 cloves, ½ oz. butter.

Method.—Break the macaroni into small pieces and boil with the onion and cloves. Melt the butter, add the flour and stir well. Add the ½ pint water in which the macaroni was boiled, and stir until boiling, then add tomato sauce, macaroni and seasoning. Cook gently for 20 minutes.

SARDINES ON TOAST

4 slices of hot buttered toast, 2 small tins of sardines, 1 dessertspoon butter, pinch cayenne pepper, little lemon juice.

Method.—Remove tails of sardines, break into pieces, and place in saucepan with other ingredients. Stir over a low gas jet until hot. Serve on hot toast and garnish with a little chopped parsley or hard-boiled white of egg and slices of lemon.

GRILLED TOMATOES

4 slices of hot buttered toast, 4 medium-sized tomatoes, salt and pepper.

Method.—Wash and dry tomatoes and cut into halves sideways. Make toast and butter. Grill tomatoes slowly until soft without breaking. Sprinkle with pepper and salt. Lift two pieces of tomato on to each slice of toast, and garnish with a small sprig of parsley.

MEAT DISHES

MEAT

A good result will be obtained if the joint of meat is weighed and the following time allowed (hot oven at start of cooking) :—

Beef, 15 minutes to the lb. and 15 minutes over.

Mutton, 15-20 minutes to the lb. and 20 minutes over.

Lamb, 18-20 minutes to the lb. and 20 minutes over.

Veal, 25 minutes to the lb. and 20 minutes over.

Pork, 25 minutes to the lb. and 25 minutes over.

This rule applies to joints between 4 and 10 lbs.: smaller joints always require a proportionately longer time than larger joints.

The best way to judge the time for smaller joints is to take into consideration their thickness. For instance, half a leg of mutton, if it is the thick end, will take almost as long as a whole leg weighing nearly twice as much. In the case of larger joints, a proportionately shorter time of 10-15 minutes per lb. would be allowed, and in the case of several large joints being cooked at one time, the average weight of the joints would be taken into consideration and not their aggregate weight. Meat should be cooked quickly at first, so that the great heat may seal the outside and keep in the juices; afterwards it should be cooked slowly to make the inside of the joint tender.

BOILING

Boiling is one of the easiest methods of cooking meats. In making soup the meat is put in cold water to draw out the juices; in boiling it should be put in hot water so that the meat and not the water may retain the juices and flavouring. The boiling water closes the pores to retain the nutriment, thus forming a sort of coat on the surface of the meat. Fresh meat may simply be wiped with a cloth before boiling, but salt meat should be soaked in cold water. Have the pot clean; put in enough water to cover the meat, and when boiling, put in the meat. Boil hard for five minutes, then draw the pot aside and cook slowly.

BRAISING

Braising is a combination of roasting and stewing, and is one of the best methods of cooking large pieces of tough lean meat. A quantity of vegetables should be put in a covered roaster and the meat placed on the vegetables. Cook slowly in the oven; the meat will absorb the flavour of the vegetables; when quite tender the meat is removed from the roaster and put in a quick oven to brown. The vegetables are served with it.

FRYING

The secret of the success of frying is to have the fat hot enough to harden the outer surface of the meat immediately, and deep enough to cover the meat. Foods that are fried in the fat of the right temperature will not absorb the fat, and so become indigestible. The chief trouble lies in the fact that the fat is too often allowed to penetrate the food, in which cases the results to digestion are very serious.

FRICASSEEING

To fricassee meat, saute it first to keep in its juices. Stew it until tender, and serve with sauce made from the juice in the pan.

ROASTING

The chief point to remember in roasting is that the meat should be quickly browned, in order that the crust thus formed may retain the juices. Put the roast in a hot oven for 10 minutes, to sear the meat, then allow to cool off a little, when basting should be commenced, taking care to pour the fat over every part of the meat. This should be repeated every 10 minutes till the meat is cooked. Do not use any water in roasting pan.

Allow from 15 to 25 minutes to the pound for roasts, according to size and the kind of meat being cooked.

Long, slow cooking will give the desired result—a nice casing of browned meat round the outside, with tender inner fibres and the inside meat just cooked and no more. In the case of a Yorkshire Pudding, it is necessary to heat the oven for a short time before the pudding is put in, so that it may be baked in a hot oven.

SAUTEING

Sauteing is the most common form of frying. It consists in cooking with a little fat in a shallow pan. Sauteing should be done quickly, the food being turned over lightly and often.

STEWING

Stewing consists of cooking meat (cut into small pieces and browned in pan on hotplate) in a little water in a closely covered vessel until nearly done. Thickening and vegetables may be added Add boiling water as required, and finish cooking slowly.

CHOPS (Curried)

1½ lbs. neck chops, ½ lb. boiled rice, slices lemon, 1 oz. fat, 2 oz. dripping, 1 onion, 1 apple, juice ½ lemon, 1 dessertspoon flour, 1 dessertspoon curry powder, 1 teaspoon sugar, 1 pint stock or water.

Method.—Wipe chops with damp cloth, remove skin and excess fat. Heat fat in stew pan until smoking hot, add chops, fry until brown on each side. Remove from fat. Have onion and apple cut into dice, add to fat and fry until brown, add curry powder, flour and sugar, fry few minutes longer. Add stock or water, stir until boiling. Add chops and simmer 1½-2 hours, stirring occasionally. Remove any fat from curry. Serve on hot meat dish, with border of rice shapes and slices of lemon. Garnish with parsley.

CORNISH PASTIES

½ lb. steak, 1 potato, 1 onion, 1 dessertspoon chopped parsley, 1 teaspoon salt, pinch pepper.

For Short Crust.—*½ lb. short crust, ½ lb. flour, 4 oz. fat, lard or margarine, ½ cup water, ½ teaspoon baking powder, pinch salt.*

Method.—Place meat in boiling water and simmer ¾ hour. Ten minutes before it is cooked add whole peeled potato and onion, and salt. Cut meat, potato and onion into dice, place on a plate and sprinkle with pepper and parsley, and divide into 6 or 8 equal parts. Make short crust, roll into a thin sheet. Cut out portions size of a small saucer. Roll out pieces and cut out again, until 6 or 8 are obtained. Place a heap of mixture in each round of pastry. Wet edge of pastry half way round with water and turn into half moon shape. Join edges together on top of pastry, pinching a small neat frill along the edge. Glaze with yolk of egg or milk. Place on flat tin, cook 12-15 minutes in hot oven. Serve on hot dish, accompanied by sauce or brown gravy made from liquid in which meat was cooked.

CEYLON CUTLETS

Equal quantities of cold meat and boiled rice (1 *cup of each*), 1 *teaspoon chopped parsley*, 1 *teaspoon curry powder*, 2 *oz. finely-chopped suet*, 2 *finely-chopped eschalots*, 1½ *cups tomato puree, salt and cayenne pepper to flavour.*

Method.—Mince meat finely, removing skin and gristle. Add chopped suet, parsley, boiled rice, salt and cayenne, curry powder, and 4 tablespoons of tomato puree or sauce. Mix well and stir over the fire three minutes. Turn out on to a plate. When cool, make into small cutlet shape. Dip in flour, then egg and breadcrumbs or Krumrusks. Dry or wet fry. Drain well. Serve daintily on a hot dish. Garnish with sprigs of parsley. Serve remainder of tomato puree in a sauce boat.

MUTTON PIE

1*lb. best neck of mutton*, 2 *hard-boiled eggs*, 1 *dessertspoon chopped parsley*, 1 *tablespoon flour*, ½ *teaspoon salt, pinch of pepper*, ¼ *lb. bacon*, ½ *pint stock or water*, 6 *ozs. short crust.*

Method.—Cut the mutton into neat pieces, dip in flour, pepper and salt. Place in pie dish. Add small pieces of bacon and thinly slice hard-boiled egg in layers until the pie dish is filled and heaped in centre. Add the stock and parsley. Cover with short crust. Ornament with roses and leaves of pastry. Glaze with egg. Make two skewer holes in pastry. Bake in a hot oven with decreasing heat 20 minutes. Cook one hour longer in a cooler oven or on top of the oven on an asbestos mat to finish cooking the meat inside.

OX TAIL (Stewed)

1 *ox tail*, 1 *onion*, 1 *carrot*, 1 *turnip*, 6 *peppercorns*, 1*oz. dripping*, 1 *oz. flour*, 1½ *pints stock or water, bouquet garni.*

Method.—Cut tail into joints and wipe with damp cloth, removing as much fat as possible. Cut onion into rings. Melt fat until smoking hot; fry onion rings and remove from fat. Fry pieces of tail, until brown. Add water or stock and flavouring (not flour), simmer 3 or 4 hours. (If possible, cook meat the day before required and allow to become cold, the fat is then easily removed from the top). Cut carrot and turnip into large dice, add to stew, cook 1 hour longer. Brown the flour under griller or in the oven, and blend with a little of the liquid in which tail has cooked. Remove fat. Add blended flour, stir well until stew thickens. Cook for several minutes. Serve on hot dish with vegetables as a border. Garnish with triangles of toasted bread.

VEAL AND HAM PIE

1 *lb. fillet of veal*, 2 *oz. ham*, 1 *teaspoon chopped parsley*, 2 *hard-boiled eggs*, ¾ *cup stock, pepper and salt*, ½ *lb. rough puff pastry, grated rind of* ½ *lemon*, 1 *teaspoon flour.*

Method.—Cut the veal into slices 1½ inches square, dip in flour, pepper and salt. Slice eggs thinly and cut ham into neat slices. Arrange in pie dish in alternate layers and sprinkle over chopped parsley. Add stock. Cover with rough or flaky pastry. Ornament top with roses and leaves of pastry. Glaze with egg. Bake in a hot oven 20 minutes. Lessen heat and cook 1 hour longer. Serve hot or cold.

RABBIT (Baked)

1 rabbit, 2 slices fat bacon, rolls of bacon, ¼ lb. breadcrumbs, 1 teaspoon chopped parsley, grated rind of ½ lemon, ½ teaspoon salt, pinch of pepper and 1 dessertspoon butter.

Method.—Wash rabbit thoroughly. Dry it and add seasoning. Truss firmly with skewers, the back legs forward and the fore legs backward. Tie rashers of bacon over it. Cover with greased paper. Place on a trivet in a baking dish with fat. Bake 1 hour until tender. Serve with grilled bacon and brown gravy.

RABBIT (Savoury)

1 rabbit, 2 oz. bacon, 1 oz. flour, 1 oz. dripping, 1 onion, ¾ pint stock, ½ teaspoon salt, ⅛ teaspoon pepper, ¼ teaspoon mixed herbs.

Method.—Soak, wash and dry rabbit. Cut into joints, fry until brown, then take out. Add onion and brown it. Add flour, salt and pepper to onion. When brown, add stock or water, stir until it boils. Return rabbit to saucepan and finely cut bacon. Allow to simmer gently 1½ to 2 hours. Remove fat. Serve on a hot dish, garnish with finely chopped parsley and croutons of toast.

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GRAVY

BROWN GRAVY

How to make smooth, rich gravy for roasts and other meats

Method.—Remove roast from pan. Pour off fat, measure 4 tablespoons and put into saucepan. Stir in 3 tablespoons flour till smooth. Brown over medium fire for about one minute. Pour juice from pan into a measuring cup and add boiling water to make 2 cups. Add gradually to flour mixture, stirring until thickened. Season to taste with Lea and Perrin's sauce and salt. A rich, temptingly smooth gravy can be made in this way for any kind of roast.

Brown gravy is served as an accompaniment to baked joints.

(1) It should be a good brown colour, free from lumps, and a good consistency.

(2) Use plain flour for thickening, one dessertspoon of flour will thicken half pint of liquid, and only sufficient fat (1 dessertspoon) to make the flour smooth, otherwise a greasy gravy will result.

(3) Brown the flour slowly, but well, before adding the liquid, which, if cold, may be added all at once; if hot, add it gradually, and stir until it boils.

(4) Meat or vegetable stock will give a better flavour than water.

(5) Gravy must be served hot.

It is a good plan to brown some flour in the oven while the joint is cooking. This saves time when making gravy and a better colour will result. It may also be stored for use at any other time.

SAUCES

A well-made, nicely flavoured sauce adds greatly to the success of a meal. It serves the following useful purposes:—

(1) To supply liquid, as parsley sauce with boiled mutton.
(2) To add nourishment, as melted butter sauce with vegetables.
(3) To add flavour, as mint sauce with roast lamb.
(4) To aid digestion, as apple sauce with roast pork.

Melted Butter Sauce is the foundation of plain white sauces. Always use equal quantities of butter and flour, and then sufficient liquid to make a good consistency. Usually ½ pint of liquid to a dessertspoon of butter and dessertspoon of flour.

Melt the butter, add flour and make smooth, add liquid and stir until it boils, then simmer for three minutes. Any flavourings, as capers, cooked onion, or finely chopped parsley are added after the sauce is made and just before serving.

BREADCRUMBS

Breadcrumbs are of two kinds—freshly made and dried.

Freshly made are those from the crumb of stale bread. A good way is to rub day-old bread through a colander or on a large grater. These crumbs must be used at once; if kept for any length of time they become mouldy.

Brown crumbs are made by breaking the scraps of stale bread into even sizes and allowing them to dry thoroughly by putting them in a slow oven (after the oven has been in use is quite a good time to put them in). Crush by rolling them with a glass bottle or pass through a meat mincer. Sift, if possible, and store in a dry glass jar with a well-fitting lid. These crumbs will keep for several months, because all the moisture has been taken from them.

Freshly made crumbs always give a better appearance, but dried breadcrumbs are economical, and may be used for covering cutlets, rissoles and fish fillets.

SOUPS

TO MAKE HOUSEHOLD STOCK

Pieces of cooked or fresh meat or bones from joints, a few bacon rinds, 1 onion, pieces of carrot, turnip, celery, 6 peppercorns, 3 cloves, 1 blade of mace, ½ teaspoonful of salt to each quart of water.

Method.—Trim meat and bones and place in a saucepan. Cover well with cold water, add salt, and bring to boil. Then add prepared vegetables and spices. Boil gently for 2½ to 3 hours. Remove bones, strain stock into a large basin. When cold, remove fat and use for soups, gravies, sauces, and for re-heating cold cooked meat dishes. Keep in a cool place and bring to boil again if not all used in 24 hours.

The water in which unsalted meats have been boiled may be used as stock.

CROUTONS FOR SOUP

Toasted Croutons.—Cut bread ¼ inch thick. Toast a golden brown and cut into ¼ inch cubes. Serve on a d'oyley on a small plate or dish, or use a few as a garnish in the soup.

Fried Croutons.—Cut a slice of bread ¼ inch thick. cut into ¼ inch cubes, and fry golden brown in hot fat. Drain on white paper. Sprinkle with salt and serve hot.

Baked Croutons.—Spread bread with butter, lard or margarine, cut ¼ inch thick and then into ¼ inch cubes. Spread on a tin and bake in a slow oven until golden brown. Serve in same way as toasted croutons.

CELERY SOUP

2 heads of celery, 1 quart stock or water, 1 oz. butter, 1 oz. flour, 1 cup milk, salt and cayenne to taste, croutons.

Method.—Wash the celery well, dry and cut into inch pieces. place into a saucepan with stock or water. and simmer gently for about half an hour, or until soft. Rub through a sieve or wire strainer. Rinse saucepan and add butter. Place over fire to melt, stir in flour off fire till smooth. then cool for 1 minute over a slow fire, stirring all the time. Add the stock, etc., and stir till boiling. Add milk and re-heat when required. Season to taste. Serve with croutons.

CELERY SOUP

2 heads of celery (white part only), 1 pint stock, 2 onions, 1 pint milk, ¼ cup of cream or butter, seasoning to taste.

Method.—Roughly cut up the celery and onions, add stock. and simmer until tender. Rub through a sieve. return to saucepan and add milk. Bring to the boil and thicken with a dessertspoon of cornflour. When ready to serve, stir in cream.

FISH SOUP

2½ lbs. fish of any kind, 2½ quarts of water, 1 parsnip, 1 carrot, 1 tablespoon flour, 1 oz. butter, 2 onions, handful of parsley with the stalks, 1 teaspoon salt, ½ teaspoon pepper, 1 pint milk, seasoning to taste.

Method.—Wash and skin the fish and separate the bones from the flesh. Put the skin, bones and trimmings into a large saucepan with 2½ quarts of water. Bring to the boil and add the parsnip. carrot and onions, parsley, salt and pepper. Boil for 1½ hours until the substance is well extracted, then strain through a colander. Wash the pot and return the liquid to it. Rub the flour smooth with a little milk. add the rest of the milk and butter, and stir well into the soup. Cut the fish into small pieces. about one inch across, put them in and boil for 20 minutes. Season to taste.

MACARONI SOUP

Method.—Break up ¼ cupful of macaroni into ½ inch pieces and place into boiling water with salt and cook for ½ hour. When the macaroni is soft, drain. and add one quart of brown stock. previously heated to boiling point. Season with salt and pepper and serve.

JULIENNE SOUP

1 quart good stock, 1 turnip, 1 carrot, ½ head celery, 1 tablespoon arrowroot, salt to taste.

Method.—Peel turnip and scrape carrot. Wash celery and cut into small pieces about the size of a wooden match. Cook in salted water for fifteen to twenty minutes. Bring stock to boil, add moistened arrowroot, and cook for 5 minutes, then put vegetable strips into soup tureen and cover with stock.

MUTTON BROTH

1 lb. scrag end of mutton, 2 quarts of water. 1 onion, 1 carrot, 2 sticks of celery, 2 ozs. pearl barley.

Method.—Wipe meat with a damp cloth and cut off the bones: also remove the fat. Cut meat into small pieces and place with bones into an enamelled saucepan, adding water, salt and pepper. Add the barley, after washing well in cold water. Bring gently to the boil. Wash and perpare vegetables and cut into small pieces. then add to the broth. Boil slowly for two hours; take out the bones, and remove any fat with an iron spoon or kitchen paper. Pour into a tureen and sprinkle with finely chopped parsley.

VEGETABLE SOUP (Brown)

4 pints stock, 1 oz. dripping, lard or butter, 2 onions, 1 tomato, 2 carrots, 1 turnip, ½ head celery (outer stalks), 1 oz. flour, 1 tablespoon Worcestershire or tomato sauce.

Method.—Peel or scrape vegetables, wash and dry. Cut up roughly and fry in hot fat until brown. Add flour, cook three minutes, add stock, stir till boiling, simmer for an hour. Skim if necessary, rub through a coarse wire strainer or sieve, add sauce an season to taste. Add a little caramel to colour, if necessary.

TOMATO CREAM SOUP

½ lb. tomatoes (ripe), 1 pint of stock or water, ¼ teaspoon soda, 1 dessertspoon butter, ½ pint milk, 1 tablespoon cornflour, ½ teaspoon salt, 1 pinch of pepper.

Method.—Cut the tomatoes finely, sprinkle with soda, pour the boiling stock or water over the tomatoes, and stand 10 minutes, rub through a sieve. Mix the cornflour with a little of the milk and add the remainder of the milk to the tomato puree. Thicken with blended cornflour, season with salt and pepper, add the butter and serve promptly. Cream may be added is desired.

TOMATO SOUP

3 pints stock, 2 lb. tomatoes, 1 oz. bacon, 1 onion, bunch herbs, 6 peppercorns, 1½ oz. sago or tapioca, 1 oz. dripping.

Method.—Soak sago or tapioca in water for one hour, wash and dry tomatoes, slice roughtly, peel and chop the onion. Make fat hot in saucepan, fry tomatoes, bacon, onions, herbs, peppercorns for 10 minutes. Add 1 pint water and boil ¾ hour. Rub through a wire sieve or large strainer. Put into saucepan, add stock and bring to boil. Add sago or tapioca and stir and boil till clear. Season with salt and pepper. Serve hot.

OX TAIL SOUP

1 ox tail, 5 pints of water, 2 carrots, 2 onions, 1 turnip, 2 ozs. butter or clarified fat, 2 strips celery, a bouquet garni, 2 ozs. lean ham or bacon, 12 peppercorns, 2 cloves, 1 tablespoon arrowroot, salt.

Method.—Wash tail and cut into small joints and place into saucepan; cover with cold water. Bring to the boil. Simmer slowly for two hours, and then strain. Thoroughly dry pieces of ox tail and roll in flour. Melt butter or fat in saucepan and add ox tail, chopped ham or bacon, and sliced vegetables, and fry until brown, then add stock, herbs, peppercorns and cloves and salt. Boil and skim well. Place lid on saucepan and cook gently for two hours. Strain, remove fat, replace in saucepan and bring to boil. Mix arrowroot with a little water, stir in and cook for three minutes. Small pieces of ox tail may be served in the soup and the remainder may be heated in a good brown sauce and served as an entree.

PEA SOUP OR LENTIL SOUP

6 ozs. split peas or lentils, 1 large carrot, ½ head of celery, 1 onion, 5 pints of water, 1 large turnip, 2 tablespoons flour, 1 dessertspoon dried mint, 3d. beef bones, some bacon bones or rind, 1 dessertspoon salt, 12 peppercorns, 1 blade of mace, 9 cloves, croutons of toast.

Method.—Soak the peas or lentils in cold water overnight. If this is not convenient, add a pinch of carbonate of soda to the peas and cover with boiling water. Allow to soak about half an hour before using. Pour the water off, and place into a saucepan with the bacon, salt and water. After removing the fat from the bones, add the bones and bring slowly to the boil. Wash dry and prepare vegetables, grate them or slice thinly, add, and boil slowly for three hours. Rub through a coarse sieve and return to saucepan, adding the dried mint, and then bring to the boil. Mix the flour smoothly with one cup of cold water, and stir the soup and boil slowly for 3 minutes. Serve in a hot tureen with small croutons of toast.

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BANANA RECIPES

DESSERT AMBROSIA

Take two bananas, one orange, two pineapple rings, one cup of seedless grapes, two tablespoons of coconut. Peel and slice the bananas and orange, and dice the pineapple. Mix all the fruit with coconut, and add sugar if desired and chill thoroughly before serving. When ready, place in goblets and garnish with a maraschino cherry.

DESSERT NOTE

Bananas will not turn dark but will keep their natural delicate colour until serving time, if covered with a simple sugar and water syrup (1½ cups sugar to 1 cup water). Nor will they discolour if covered with any canned or fresh fruit juice, or sprinkled with lemon juice. Slice always with a silver or stainless steel knife.

BANANA AND TOMATO SALAD

Take six lettuce leaves, two tomatoes, two or more ripe bananas, one-quarter of a cup of French dressing, and some salad mayonnaise. Arrange the lettuce on a platter. Place on each leaf a thick slice of peeled tomato and on this arrange the sliced bananas. Cover the salad with French dressing and garnish with mayonnaise.

BANANA FRITTERS

Take six bananas, powdered sugar, two tablespoons lemon juice, and some fritter batter. Peel the bananas and cut them in halves, first lengthwise then crosswise. Sprinkle with powdered sugar unil sweetened to taste. Dip in the fritter batter and fry in deep, hot fat, 395 degrees Fahrenheit, until they are brown. Turn the fritters frequently while cooking.

BANANA WAFFLES

2¾ cups pastry flour, 4 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons sugar, 3 eggs, ½ cup oil, 1½ cups milk, 1½ cups sliced bananas. Mix the dry ingredients. Beat eggs and stir in oil or melted shortening, add milk and dry ingredients all at once, beat until mixed. Stir in bananas and bake in hot waffle iron about five minutes.

FRUIT PUNCH

One cup of orange juice, ½ cup of lemon juice, ½ cup grapefruit juice, 2 cups of water, 5 tablespoons of sugar or honey, 1 cup of mashed banana. Blend all the ingredients thoroughly. Place in refrigerator until chilled. Serve in glasses or goblets with a half orange slice for garnish. This is sufficient for four to six portions.

POPULAR MILK DRINKS

Flavoured Cold Milk Drinks

CARAMEL FLUFF

1 cup sugar, 2 tablespoons water.

Method.—Put in a tin or enamel plate in oven until a nice golden brown. Put caramel in saucepan with two cups sugar and three cups of water; boil for 10 minutes. Strain, and when cold, add vanilla essence to taste. Add a tablespoon of this to a goblet of iced milk. For a lighter drink, and for milk-bar use, add a 1d. ice cream, and whisk well with drink mixer, and a much lighter drink will result.

CHAMPION MILK DRINK

1 pint milk, 1 egg, 1 tablespoon brandy, 2 tablespoons calves feet jelly.

Method.—Whisk with egg whisk.

FRUIT MILK SHAKE

½ cup banana pulp, ½ cup orange juice, ½ cup lemon juice, 1 cup pineapple juice, 1 cup milk.

Method.—Mash bananas, mix with fruit juices, chill. Add milk, beat thoroughly. Serve cold.

PRUNE JUICE MILK SHAKE.

½ cup prune juice, 1 teaspoon lemon, 1 tablespoon powdered sugar, 1 cup milk.

Method.—Combine prune juice, lemon juice and sugar, add the milk and beat well. Chill and serve. This may also be served hot.

ICED MILK AND TOMATO JUICE

Method.—¼ glass strained tomato juice. Fill glass with iced milk, flavour with salt or sugar.

VITALITY DRINK

Method.—Beat up an egg yolk in a pint of fresh milk, adding the juice of two oranges and two tablespoonsful of ground almonds.

FLAVOURED HOT MILK DRINKS
A SUPPER DRINK

Method.—Place one or two strong peppermints in one cup of boiling milk, stir till dissolved. This is especially wholesome for winter nights before retiring or before setting out on a cold journey.

LICORICE DRINK

1 pink milk, 1½ inches best Spanish licorice.

Method.—Place in milk, bring to boil and allow to simmer 20 minutes. Strain and drink hot.

SILVER FIZZY

Method.—A glass of hot milk, whites of two eggs, one teaspoonful of cream. Whisk briskly together until mixture froths, then add simply syrup or vanilla flavouring as preferred.

(Supplied by the Milk Board, Melbourne).

POULTRY

SIGNS OF FRESHNESS

Eyes clear, not sunken, feet limp and pliable. If plucked, there should be no discolouration of the skin. When freshly killed the feet should be moist. Young fowls have the legs and combs smooth. They should be plump in the breast, fat on the back, and white legged for boiling.

DIRECTIONS FOR CLEANING

Dip bird in boiling water; wrap in a bag and allow to stand for some minutes, after which the feathers may be easily removed. Singe off all the remaining feathers and hairs over a flame. Place bird breast downwards and cut the skin down the back of the neck for about 3 inches, and remove the neck as close to the body as possible, leaving the loose skin to form a flap. Next remove the crop and its contents. Place the fingers in the throat, loosen the internal organs around the carcase. Make an insertion 1½ inches long across the body at the vent, loosen the internal organs, and draw out carefully, in order to avoid breaking the gall bladder. Wash the inside of the carcase well and rinse with vinegar water, and then dry well.

Save the giblets for making the gravy. To clean them, first cut the gizzard half-way open and remove the inner skin and its contents. Scald the legs in order to remove the skin, and remove the gall-bladder carefully from the liver, then soak in salt and water for half an hour.

GENERAL DIRECTIONS FOR TRUSSING POULTRY

For boiling, sever the legs at the knee joint, so that they can be pressed right back into the body.

For roasting, break the legs half-way between the foot and knee joint. Twist the feet around until the skin breaks and exposes the sinew, which may then be drawn out. When the bird is cooked, the leg may be broken off at the knee. By leaving the short piece on during the cooking, the flesh is prevented from shrinking back and exposing the bone.

When trussing, the legs should be well pressed against the body of the bird, where they can be firmly secured with a skewer or string. The feet of ducks and geese are always left on.

When trussing the legs of ducks, twist around the body so that they will lie flat on the back. Always cut off the tips of the wings of geese, ducks or any game bird before trussing.

SEASONING

Good seasoning for fowls or turkeys may be made as follows:— *3 tablespoons breadcrumbs, ½ tablespoon minced parsley, 1 teaspoon sweet herbs, grated nutmeg, grated lemon rind, salt and pepper.*

Method.—Mince all together with an egg (well beaten). This is placed, in the case of fowls and turkeys, in the body from where the crop was taken, folding back the flap of skin left at the neck and skewering in position.

For geese or ducks, use the following: Boil 4 onions until quite tender, add about 8 sage leaves, and cook for 5 minutes longer. Drain and mince the onions and sage leaves, and mix in 4 ozs. breadcrumbs, 1 oz. butter, and salt and pepper to taste. This is placed in the body of the bird.

SALADS

Salads are more varied at present than they were originally, when composed of raw, green vegetables dressed with vinegar, oil, salt and pepper. To-day, salads consist of raw or cooked vegetables, nuts, fruit, meat, eggs, fish, or poultry, separately or in combination. The essential points to remember are:—

(1) Greens must be well washed, crisp and dry.

(2) Vegetables should be neatly cut and artistically arranged.

(3) The combined ingredients should blend well in flavour and colour.

(4) The salad should combine with the rest of the meal in a proper balance of foodstuffs.

(5) The salad, when served, should be cool, attractively garnished, and accompanied by a suitable dressing served in a separate jug.

VALUE OF SALADS AS A FOOD

(1) To furnish the body with needful mineral salts and roughage.

(2) To form appetising dishes for hot weather.

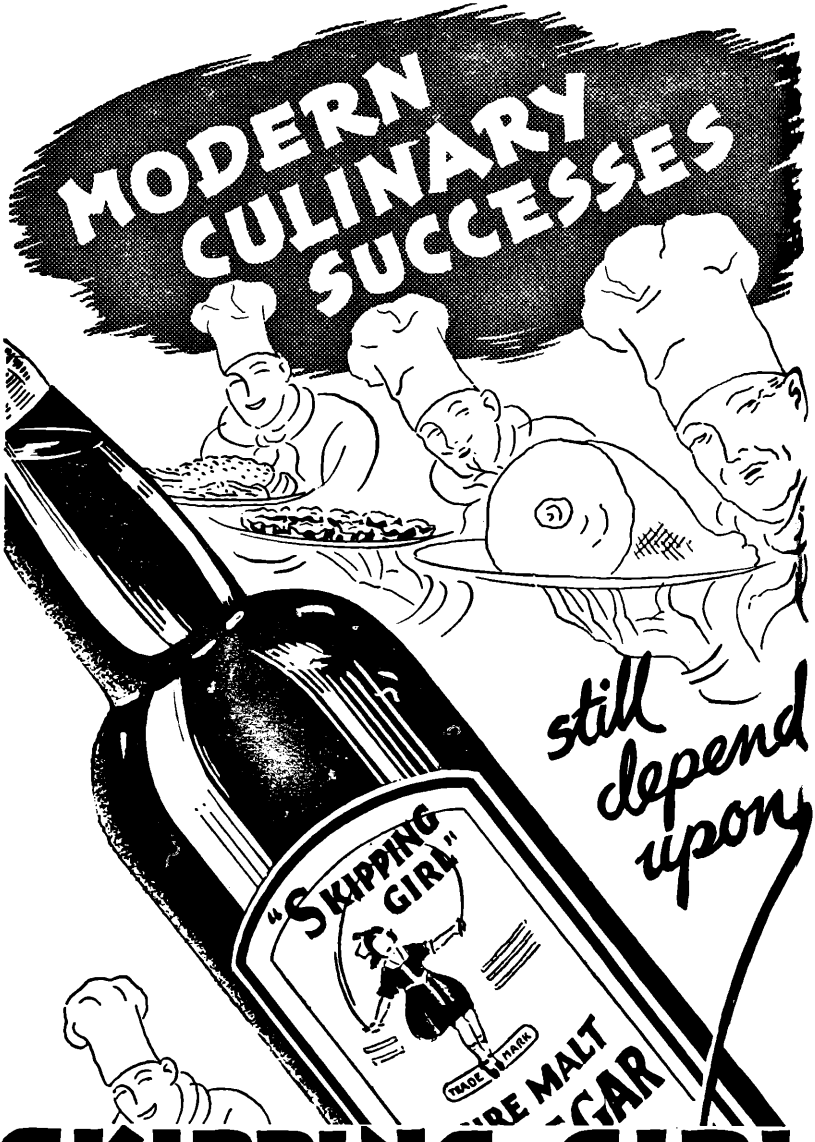
(3) To supply vitamins, which are necessary in a healthy diet.

Salad Dressing.—French Dressing, Cooked Dressing, Mayonnaise. Except when used for masking the meat, fish or poultry in a salad, the dressing is served separately. Use sweet oil and a good vinegar. The ingredients should be carefully blended and flavour not be too strong of either acid or oil. Butter is used in place of oil for cooked dressing.

BEETROOT CUPS

4 cooked beetroots, 2 tablespoons condensed milk, 3 tablespoons vinegar, pinch salt, ¼ teaspoon mustard, 1 dessertspoon milk, 4 sticks celery, lettuce leaves.

Method.—Cook the small beetroots in boiling water until tender, leaving part of top on so that it will not bleed. Skin carefully. Place



SKIPPING GIRL

Pure malt VINEGAR

salt and mustard into small basin, add condensed milk and vinegar and milk slowly, add chopped celery. Cut centres from beetroots and fill with dressing mixture. Serve on lettuce leaves with a piece of curled celery on the top of each beetroot.

FRENCH DRESSING

1 cup sweet olive oil, ¾ cup vinegar, 1 teaspoon salt, 2 teaspoons sugar, ¼ teaspoon pepper.

Method.—Mix ingredients together in a basin. Beat well. Pour into a jug or cruet bottle. It should be well stirred or shaken before using.

MAYONNAISE DRESSING

½ teaspoon mustard, 1 yolk of egg, 1 teaspoon salt, 1 teaspoon sugar, pinch cayenne pepper, 2 tablespoons lemon juice, 2 tablespoons vinegar, 1 cup olive oil.

Method.—Mix all the dry ingredients together. Add yolk of egg and beat well. Add half a teaspoon of the vinegar, then a few drops of olive oil, beating constantly. Continue adding oil, a few drops at a time, as the mixture thickens and becomes an even consistency. When quite thick, add lemon juice or vinegar alternately with the oil until all is used, beating continuously whilst adding.

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PUDDINGS

APPLE CHARLOTTE

½ doz. stewing apples, 1 tablespoon sultanas, 1 level teaspoon mixed spice, ½ loaf of bread, cut into slices and buttered, 1 teaspoon sugar.

Method.—Line pyrex dish with bread buttered side down. Add apples and sultanas, cover with bread buttered side up, sprinkle 1 teaspoon of sugar mixed with spice on top. Bake ½ hour in moderate oven. Serve with Foster Clarks custard.

APPLE DUMPLINGS (Baked)

6 apples, a little butter, 6 cloves, ½ lb. short crust, sugar.

Method.—Core and peel the apples, make the short crust and divide it into six equal parts, standing an apple on each. Put one clove, a little sugar and butter into the hole in each apple, working the pastry all around, and sprinkle with sugar. Put in a cold oven and bake from 20 to 30 minutes in hot oven.

APPLES (Baked, Stuffed)

6 cooking apples, 1 teaspoon cinnamon, 1 cup seeded raisins or sultanas, ½ cup brown sugar, small lump butter, water.

Method.—Core apples and peel from the top to about half-way down. Mix raisins, sugar, cinnamon and butter together, and stuff the centre of each apple with the mixture. Put in greased baking dish, and if there is any stuffing over, fill the spaces between the apples with it. Pour in enough water to cover bottom of baking dish, and bake slowly till apples are tender and syrup like caramel.

APPLE PUFFS

8 ozs. self-raising flour, 4 ozs. fat, 2 ozs. sugar, pinch salt.

Method.—Sift flour and salt, rub in butter and add the sugar. Mix with cold water into a dry dough. Turn on to a slightly-floured board, and cut into three pieces. Roll out each piece. Place apples (slightly stewed) on first piece, then put another layer of pastry, then apple, and lastly pastry. Cut in round shapes and bake till golden brown. When cooked, sprinkle with castor sugar, and serve either hot or cold.

APRICOT CHARLOTTE

1 tin apricots, fine breadcrumbs, sugar, butter.

Method.—Butter the bottom and sides of a pie dish and put in a layer of breadcrumbs, then half the tin of apricots. Sprinkle with sugar, more breadcrumbs, and several pieces of butter, then add the rest of the apricots and more sugar, breadcrumbs and butter. Put in all the syrup, as the breadcrumbs will absorb it. Place in a hot oven and cook for about half an hour. Serve with Foster Clarks custard or cream. Canned peaches, gooseberries, pears and plums all make delicious charlottes if prepared in the same way.

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FOSTER CLARK'S

Creamy Custard

APRICOT SPONGE

1 tin apricots, 1 small cup castor sugar, 1 dessertspoon butter, 2 eggs, 1½ small cups self-raising flour, little milk.

Method.—Put the apricots in a pie dish, place in the oven until quite hot. (N.B.—It is important to have the fruit hot before putting the sponge on top of it.) Make the sponge by mixing together the castor sugar, the butter, and the eggs (well beaten). Beat well together and add 1½ small cups self-raising flour and a little milk. Mix well, pour over the heated apricots and bake in a moderate oven for about 20 minutes. Serve with Foster Clarks custard or cream. Peaches and pears are also excellent prepared in this way.

APRICOT TART

1 tin apricots or stewed apricots, ½ cup clear amber jelly or ½ cup of the fruit juice with 1 teaspoon dissolved gelatine added, good short crust tart (cooked).

Method.—Arrange the apricots with cut side up in the pastry case. Place almond in each. When jelly is cold, pour over the fruit. Allow to set. Serve with whipped cream. Apples may be substituted for apricots.

Good Short Crust.—

½ lb. flour, pinch salt, ½ teaspoon baking powder, 6 ozs. butter, squeeze lemon juice, yolk egg, 3 tablespoons water.

Method.—Sift dry ingredients. Rub butter into flour carefully. Beat yolk of egg. Add water and lemon. Make into a dry dough. Roll to size and shape required.

BOILED CURRANT, SULTANA OR RAISIN PUDDING

½ lb. plain flour, 6 ozs. suet, pinch of salt, 3 ozs. sugar, ½ lb. sultanas, sufficient milk to mix (about ½ cup).

Method.—Sift flour and salt, add suet (shredded finely), sugar and sultanas. Stir the milk into dry ingredients, making a rather stiff mixture. Wring a cloth tightly out of cold water, put mixture in and tie firmly. Plunge into boiling water and boil for 1½ to 2 hours.

AMBROSIA

2 Foster Clark's Foaming Lemon Cubes, 2 Foster Clark's Orangeade Cubes, 4 cups cold water, 1 cup pineapple juice, 3 pints ginger ale, 1½ cups water, 1 cup sugar, 5 whole cloves, ½ teaspoonful allspice, ½ teaspoonful cinnamon, ½ teaspoonful grated nutmeg.

Method.—Boil sugar and 1½ cups of water together for 10 minutes. Add the spices to the hot syrup. Dissolve the orangeade and foaming lemon cubes in the four cups of cold water and add to the syrup when cool—stir until thoroughly mixed. Allow to stand for 2 hours. Strain through a piece of butter muslin—add the pineapple juice and ginger ale and serve in tall glasses with cracked ice or ice cubes. Enough for 14 persons.

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PUNCH— the Perfect Flour

CHOCOLATE MARSHMALLOW ICE CREAM

1 packet Foster Clark's Ice Dessert Mixture, ½ pint cream, ½ pink milk, 20 marshmellows, 1 tablespoon orange juice, 1 teaspoon orange rind, 2 ozs. unsweetened chocolate.

Method.—Blend the Foster Clark's Ice Dessert Mixture with the cold milk, beating well. Fold in the whipped cream and chill. Melt the chocolate over hot water and mix in thoroughly. Melt the marshmallows over hot water, cool and add. Fold in the orange rind and juice. Chill. Pour into the refrigerator trays and chill.

CHOCOLATE MOULD

1 tin preserved pears, slices of sponge cake, 1 pint milk, 2 dessertspoons Bournville Cocoa, 3 tablespoons sugar, 1 level tablespoon gelatine, Vanilla, whipped cream and glace cherries (for decoration).

Method.—Line bottom and sides of mould with fingers of sponge cake, leaving half an inch space between each. Heat milk and sugar till boiling, dissolve cocoa with a little of the hot milk, return to pan and boil for one minute. Take off and leave to cool. Dissolve gelatine in a little hot water and stir into chocolate mixture. Flavour delicately with vanilla. When nearly cold whisk mixture for 5 minutes; pour into prepared mould and leave to set. Turn out on a dish, decorate top and base with mounds of whipped cream, stick half a glace cherry on top of each and serve with pears.

CHOCOLATE SPONGE WITH VANILLA CUSTARD SAUCE

1½ pints hot chocolate, 1½ tablespoons instantaneous gelatine powder, 1 egg white, 3 tablespoons cold water, ¼ teaspoon salt, ½ teaspoon vanilla essence, ¾ cup castor sugar, 2 halves meringue, ¾ pint Foster Clark's Vanilla Custard.

Method.—Dissolve gelatine in the water, then stir in salt, sugar, and chocolate just off the boil. When gelatine is dissolved, stand till cool, then add vanilla. Leave till almost set, then stir in stiffly frothed egg white and beat till spongy. Set in a wet mould, then turn out in a glass dish and pour round cold custard sprinkled with crushed meringues. Enough for six persons.

CUSTARD, BAKED

1 pint milk, 2 or 3 eggs, 1 to 2 tablespoons sugar.

Method.—Beat the eggs and sugar well together, add the milk and pour into a greased dish, and place small lumps of sugar on top and sprinkle with nutmeg, and bake for 30 or 40 minutes in a medium oven.

FRUIT SALAD ICE CREAM

1 packet Foster Clark's Ice Dessert Mixture, ½ pint cream, ½ pink milk, 1 diced orange, 2 tablespoons crushed pineapple, pulk of 2 passionfruit, 1 mashed banana, 1 tablespoon chopped cherries.

Method.—Dissolve the Foster Clark's Ice Dessert Mixture in cold milk, fold in the whipped cream and mix thoroughly. Chill and fold in the prepared fruit salad. Pour into freezing trays of refrigerator and place in the ice cabinet. Serve topped with whipped cream and chopped nuts.

GOOSEBERRY CUSTARD TARTLETS

¾ pint gooseberries, ½ pint milk, ½ lb. short crust, ½ packet Foster Clark's Lemon Custard.

Method.—Pour milk into saucepan. Add sugar as directed, and when dissolved bring to the boil. Remove pan from fire and finish custard according to instructions. Top and tail gooseberries. Turn them into a saucepan with just enough water to prevent them burning. Cover pan and simmer until soft enough to rub through a sieve. Then sift and leave till cool. Mix gradually into the custard, then chill. Line patty pans thinly with pastry. Prick bottom of cases with a fork and bake till crisp and brown, then cool. Fill with the gooseberry custard. Decorate with a whole berry dipped in castor sugar, or with three liqueur gooseberries. Enough for 12 tartlets.

HERMIT PUDDING

2 cups of cake crumbs, 1 cup hot coffee, ½ cup treacle, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon soda, 1 cup raisins.

Method.—Pour the coffee and treacle over the cake crumbs, sift together the soda, flour and spices, and add them to the crumbs, then stir in the raisins. Steam for 2½ hours.

Serve with lemon sauce made as follows:—

2 tablespoons lemon juice, 2 tablespoons sugar, 1 tablespoon cornflour.

Mix cornflour with cold water, then boil together for 15 minutes, with water, sugar and cornflour, add the lemon juice, and serve.

LEMON PUDDING

2 eggs, 1 cup sugar, juice and rind of 1 lemon, 2 tablespoons arrowroot, 1 level dessertspoon butter.

Method.—Beat yolks of eggs with half the sugar, and lemon, and sift in arrowroot. Stir in a pint of boiling water, using an enamel basin for the purpose, as if it does not thicken you can place on the stove, stirring all the while until cooked. Then pour into a buttered pie dish. Beat the whites of eggs to a stiff froth, adding the other half of sugar, piling this on top of the pudding. Then put in a very moderate oven to brown.

MARBLE GELEE

¾ oz. gelatine, 1 packet Foster Clark's Raspberry Jelly, 1 pint Foster Clark's Lemon Custard.

Method.—Soak gelatine in a little cold water for 10 minutes. Then drain and pour in the hot custard made according to instructions. Stir well till gelatine is dissolved. Make this jelly and allow both custard and jelly to cool. Rinse jelly mould out with ice-cold water

Place mould in another basin full of cracked ice. Fill alternately with spoonfuls of jelly and custard, but let each layer set slightly before adding the next. Serve turned out and surrounded with canned mandarins or strawberries. Sometimes I use two packets of different coloured jellies, say raspberry and pineapple, or orange, and set one as described with the custard in a border mould, and whip the second, made with only half a pint of water, and pile it into the centre when set. Again, I vary this recipe by putting in spoonfuls of the whipped jelly, and one or two fresh or canned strawberries or gooseberries, alternately. Enough for six or eight persons.

MILK JELLY

1¼ cups milk, ¼ cup hot water, 3 dessertspoons sugar, 2 dessertspoons gelatine, essence of Vanilla to taste.

Method.—Place milk, sugar and flavouring in a bowl, stir until sugar is dissolved. Dissolve gelatine in hot water, cool slightly, then add gradually to the milk, stirring all the time. Pour into a wet mould and place aside to set. Should the milk be removed from an ice chest or refrigerator stand in warm water for a few minutes to remove the chill.

NEAPOLITAN MOULD

1 pint Foster Clark's Strawberry Jelly, 1 pint Foster Clark's Lemon Custard, ¾ oz. gelatine.

Method.—Make both custard and jelly according to instructions. Soak gelatine in 2 or 3 tablespoons cold water for ten minutes, then drain and add to the hot custard. Stir till gelatine is dissolved. When jelly and custard are cool and ready to set, place on ice a jelly mould rinsed out with cold water, and fill up with alternate layers of the jelly and custard, allowing each layer to set before adding the next. You can turn this into a more elaborate sweet by setting one gill of a contrasting jelly in the bottom of mould and lining with a ring of overlapping slices of banana or halved walnuts. Dip mould in hot water for a second before turning on to a silver or glass dish. Decorate round the base with a border of chopped jelly remaining from what was used for the bottom lining. Enough for six or eight persons.

PEACH MERINGUE

1 pint milk, sugar, 1 tablespoon cornflour, 1 dessertspoon butter, 2 eggs, 1 tin peaches, ½ cup castor sugar.

Method.—Take 1 pint of milk, place in saucepan over the fire, sweeten to taste, and, when boiling, stir in 1 tablespoon cornflour mixed with a little milk. Stir till well cooked and add 1 dessertspoon butter. Allow to cool, and stir in the yolks of two eggs (well beaten), stir well. Place in the bottom of a pie dish a tin of peaches, leaving out about half of the syrup. Pour over them the custard mixture, beat the whites to a stiff froth with ½ cup of castor sugar, place on top, and bake in a slow oven until well browned.

Pears, apricots, shredded pineapple, cherries, raspberries, or any canned fruits may be used in the same way.

PLUM PUDDING

6 ozs. flour, 1 pinch salt, 8 ozs. beef suet, 8 ozs. sultanas, 6 ozs. brown sugar, 2 ozs. almonds, ½ teaspoon brown cinnamon, grated rind and juice of lemon, 6 ozs. breadcrumbs, 8 ozs. raisins, 8 ozs. currants, ¼ lb. mixed peel, ½ packet mixed spice, 6 eggs, 1 grated carrot.

Method.—Put water on to boil, sift flour and salt, shred the suet and rub into flour, add breadcrumbs and fruit, spice, sugar, grated lemon rind and grated carrot. Beat eggs well and mix in with lemon juice. Cook in basin, cloth tied on top, for 4 hours. When required, boil for another 2 or 3 hours, and serve with sauce.

PLUM PUDDING WITHOUT EGGS

1 cup brown sugar, 1 cup flour, 1 cup dried fruit, 1 cup boiling water, 1 teaspoon carb. soda, 1 tablespoon butter, pinch salt.

Method.—Sift flour, rub in butter, add salt, sugar and fruit. Mix with boiling water. Dissolve soda in boiling water. Make over-night. Steam in well greased mould not less than three (3) hours.

QUEEN PUDDING

3 ozs. bread or cake crumbs, 1 oz. butter (melted), 4 ozs. moist sugar, 2 ozs. loaf sugar, 1 pint milk, 2 eggs, little nutmeg and grated lemon rind.

Method.—Mix the crumbs, moist sugar, nutmeg and lemon rind with the melted butter. Beat the yolks of the eggs and add the milk, pour over the crumbs, etc., and bake in a slow oven. When cooked, cover thickly with stewed apples and the while of the eggs beaten into a stiff froth with the loaf sugar. Brown slightly in a moderate oven. Serve cold.

RAISIN OR ORANGE ROLL

Crust.—

1 lb. flour, ½ lb. suet, 2 teaspoons baking powder, water to make a medium dough.

Filling.—

2 cups seeded raisins, rind and juice of 1 or 2 oranges, golden syrup.

Method.—Sift flour, baking powder and salt. Rub in shredded suet, and add water. Roll out about quarter inch thick, spread with good layer of syrup, cover with raisins and sprinkle with rind and juice of orange. Put in floured pudding cloth and boil for 2½ hours.

RASPBERRY TRIFLE

1 lb. raspberries, 2 egg whites, 1 cup milk, 2 oz. loaf sugar, 1 pint water, 2 ozs. castor sugar, 6 sponge cakes, whipped cream to taste, ¾ pint Foster Clark's Creamy Custard.

Method.—Stew berries gently in just enough water to keep them from burning till the juice runs. Add sugar and stand till dissolved. Boil water and loaf sugar in a saucepan till syrupy. Rub cooked berries through a sieve. Stir in syrup and whites of eggs, stiffly frothed. Beat till light and spongy. Line a glass dish with the halved sponge cakes. Sprinkle with a little sherry. Stand for 5 to 10 minutes, till the sherry is absorbed by the sponge cakes. Cover with custard. Decorate with the raspberry sponge piled on top, then with a little whipped cream and one or two berries. Enough for six persons.

SAGO FRUIT PUDDING

2 tablespoons sago, 1 cup milk, 1 cup raisins, 1 cup breadcrumbs, ¾ cup brown sugar, 1 tablespoon melted butter, 1 egg, 1 teaspoon carb. soda, dissolved in 1 tablespoon milk.

Method.—Soak the sago in milk overnight. Mix all the other ingredients together, and add the sago and milk. Put in a buttered mould and steam for 2½ to 3 hours. Serve with white sauce.

SAGO PLUM PUDDING

1 cup breadcrumbs, ½ cup sugar, ½ cup sago (soaked overnight in enough milk to cover), 2 tablespoons butter (melted), 1 cup seeded raisins or mixed fruit, 1 level teaspoon carbonate soda (dissolved in boiling water).

Method.—Mix all ingredients except soda well together; if not moist enough, add a little more milk. Add soda last, put in a greased mould, and steam for three hours.

SPICED APPLE TART

1 lb. apples, 1 cup water, 4 ozs. sugar, ½ lb. dates.

Method.—Stew the apples in water and sugar, and, when nearly cooked, add the dates, which have been previously stoned. Stew until pulp. Turn out on to a plate to cool.

Pastry

¾ lb. flour, 1 large teaspoon baking powder, 2 ozs. butter, 2 ozs. roast dripping, 1½ large tablespoons sugar, 1 pinch salt, 1 egg, ½ teacup milk, cinnamon.

Method.—Rub all the dry ingredients together, mix egg and milk, pour in and make a paste, which is not too damp. Divide the mixture in two and roll out thinly. Line a well-greased sandwich tin and place in cool apple mixture. Cover with second piece of pastry and prick all over. Bake in a good oven, dust with sugar, and serve hot or cold.

SYRUP PUDDING

3 ozs. butter, lard or dripping, ½ lb. self-raising flour, 3 ozs. sugar, pinch salt, essence of lemon, 1 egg, 3 dessertspoons golden syrup.

Method.—Make a plain stiff batter with the butter rubbed into the flour, sugar and salt. Beat the eggs well with a little milk, adding a few drops of essence, stir in the dry ingredients. Butter a basin, with the golden syrup at the bottom, and then the batter. Cover with greased paper and steam for two or three hours.

TREACLE SPONGE

½ lb. flour, ¼ lb. suet, 2 tablespoons golden syrup, ½ teaspoon carb. soda.

Method.—If not moist enough, add a little milk, 1 tablespoon of brown sugar. Mix all together. Tie in a floured cloth. Boil for 1½ hours. Serve with treacle sauce.

WALDEN CHOCOLATE PUDDING

½ lb. flour, 5 ozs. butter, 3 ozs. Bournville Cocoa, ½ teaspoon salt, 3 ozs. finely-ground nuts, ¾ gill milk, 3 ozs. sugar, 2 teaspoons baking powder, 3 eggs, ½ teaspoon almond essence.

Method.—Cream butter and sugar, add an egg and one-third of dry ingredients, mixing well. Add second egg, then the third, lastly milk and remainder of dry ingredients. Stir in nuts and essence. Pour into a greased pie dish and bake in the oven at 380°F. for ¼ of an hour, then at 340°F. for 1¼ hours or until pudding feels firm to the touch. Serve with chocolate sauce.

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PUDDING SAUCES

Melted butter sauce, with sugar added, is the most nourishing.

Sweet white sauce is the simplest, one good teaspoon of blended cornflour being sufficient to thicken one cup of milk.

Treacle, jam or lemon sauce are good to serve with plain suet puddings. Use arrowroot for thickening, as it makes the sauce clear.

To keep sauces hot, stand the saucepan containing the sauce in a vessel of boiling water on the stove, and keep the sauce covered.

A good sauce should be smooth, have a good colour, be nicely flavoured, and a good consistency. Remember, if too thin, add a little more blended thickening carefully; if too thick, add extra liquid.

The type of pudding or dessert to be served should coincide with the rest of the meal. If the first part of the meal consists of heavy food, your dessert should be of the lighter variety, and when the preceding courses are light, serve a heavy and substantial dessert.

Cloths for tying up puddings should be scalded, floured, or both. Basins or moulds must be well greased, also patty tins, pie dish, and cake dishes and tins.

CHOCOLATE SAUCE

1 teaspoonful cornflour, 1 teaspoonful Bournville Cocoa, ½ teaspoonful vanilla essence, ½ pint milk, 2 tablespoons sugar.

Method.—Mix cornflour and cocoa with a little of the cold milk and boil the rest. Add blended mixture to boiling milk and boil ten minutes. Add sugar and essence.

CAKES AND PASTRY

ALL-BRAN CAKES

1½ cups plain flour, ¾ cup all-bran, 1 teaspoon baking powder, 1 level teaspoon carb. soda, ½ teaspoon salt, 3 ozs. butter, 3 tablespoons boiling water, 2 tablespoons sugar, ½ teaspoon cinnamon, ½ teaspoon nutmeg, 1 cup raisins or sultanas, 1 piece candied peel.

Method.—Warm the treacle. Put butter into a basin. Add sugar, boiling water and treacle to the butter. Next stir in the all-bran and fruit, and lastly the sifted flour and other dry ingredients. Mix together. Put a teaspoon of the mixture on to a well-greased tin or patty tins. Bake 20 minutes in a moderate oven.

APPLE SLICES

4 ozs. butter, 1½ cups flour, 1 level teaspoon cream of tartar, ½ teaspoon carb. soda, 2 ozs. sugar, 1 egg, pinch salt, 1 tablespoon milk, 1 teaspoon cinnamon, stewed apples flavoured with lemon rind, cooked very dry.

Method.—Sift flour, salt, cream of tartar, cinnamon, soda. Rub in butter. Beat egg, sugar. Add milk. Add to flour. Make into a dry dough. Spread half of the mixture on to a flat greased tin. Spread apple over mixture. Cover carefully with remainder of cake mixture. Mark in finger lengths. Bake until a pale fawn shade.

BAKEWELL TARTS

1 cup self-raising flour, 2 tablespoons butter, ½ cup milk or water.

Make into a short crust.

Centre Mixture.—

4 tablespoons sultanas, 2 tablespoons sugar, 2 tablespoons jam, 2 tablespoons lemon peel.

Mix all ingredients together.

Mixture for Top.—

2 tablespoons sugar, 2 tablespoons butter, 3 ozs. cocoanut, 1 egg.

Beat butter and sugar together, add beaten egg, then cocoanut.

Method.—Make short crust, line one large tart plate or small patty tins with the pastry. Put fruit filling in next. Lastly the top mixture. Bake in a gradually decreasing heat 30 to 40 minutes.

CARAMEL FINGERS

4 ozs. butter, 4 ozs. brown sugar, 1 egg, 1 cup self-raising flour, pinch salt, few drops vanilla, ¾ cup shredded dates, ¾ cup walnuts.

Method.—Cream butter and sugar. Add beaten egg, sifted flour, salt, vanilla, fruit, nuts. Mix well. Spread on a buttered shallow tin. Cook in a moderate oven about 20 minutes. When cooked, cut into finger lengths.

CENTENARY CAKE

1 cup brown sugar, 6 ozs. butter, 3 eggs, ½ cup milk, ½ orange (juice and grated rind), 2 tablespoons Bournville Cocoa, 1 cup self-raising flour, 1 cup plain flour, ½ teaspoon salt, 4 ozs. currants, 4 ozs. raisins, 4 ozs. sultanas.

Method.—Sift flour, salt and cocoa together. Add the fruits and orange rind. Cream the butter and sugar until light and beat in the eggs one at a time. Add the flour mixture alternately with the milk. Add the orange juice and beat until smooth. Put mixture in a well-greased deep cake tin and bake in a moderate to slow oven for 1½ hours. When cake is cold ice with chocolate fruit frosting.

CHOCOLATE BUTTER CREAM FILLING

2 ozs. fresh butter, Bournville Cocoa, castor sugar.

Method.—Beat the butter to a cream, then mix into it sufficient cocoa to well colour and flavour it. Add sugar to taste, and beat well until throughly mixed.

Note.—This filling can be used in cakes, etc.

CHOCOLATE FRUIT FROSTING

Beat 2 tablespoons butter to a cream; add 1 tablespoon Bournville Cocoa (dissolved in sufficient boiling water to make a smooth paste), pinch salt, ½ teaspoon vanilla essence. Add 2 cups sifted icing sugar, alternately with 2 tablespoons milk. Beat after each addition until smooth, adding more milk if required. Beat until the consistency of whipped cream. Lastly, fold in ½ cup raisins (finely chopped). Spread immediately on to cake and decorate with whole raisins.

CHOCOLATE ICING

2 ozs. Bournville Cocoa, ½ lb. icing sugar, ½ gill water, few drops of vanilla.

Method.—Roll the lumps out of the sugar, then rub it through a fine sieve. Put the cocoa into a saucepan and mix to a smooth paste with the water. Stir over a low gas for a few minutes to cook it, then leave until cool. Add the sieved icing sugar and flavouring and mix all to a smooth paste. Stir over a low gas until the bottom of the saucepan feels just warm, then use as required. If the correct consistency, the icing should just coat the back of the spoon. If necessary, add more water, or sieved sugar as required.

ICED CURRANT FINGERS

¼ lb. butter, 2 ozs. sugar, ½ lb. flour, salt, ½ teaspoon baking powder, 1 egg, 1 tablespoon milk, 2-4 ozs. currants.

Method.—Sift flour and rising. Rub in butter, add sugar and currants. Mix the egg yolk and milk together, and stir into flour to make all in one lump. Roll out thin. Beat the egg white well and stir in 4 oz. sifted icing sugar gradually. Spread thinly over the surface of the biscuit, cut in finger lengths, and bake in a moderate oven about 20 minutes.

FIG CAKE

½ lb. butter, ¾ lb. flour, ½ lb. sugar, 3 eggs, ½ lb. figs (dried), ½ cup milk, 4 ozs. ginger (crystallised), ¼ teaspoon nutmeg, 4 ozs. mixed peel, grated rind 1 lemon, 2 ozs. almonds, ¼ teaspoon salt, a teaspoon carbonate soda, ½ teaspoon cream tartar.

Method.—Line a cake tin with two layers of paper. Prepare and cut fruit and almonds up roughly. Sift flour, carbonate soda, cream of tartar and salt two or three times. Cream butter and sugar, add eggs one at a time, beating each in well. Add milk gradually and then the fruit, and lastly flour. Mix well but lightly, and put into prepared tin. Bake in a gradually decreasing heat for about two hours if a round or square tin is used. If a flat baking dish is used, bake for 1½ hours. Any fruit may be used.

CINNAMON COOKIES

1 cup butter, 1 egg. 3½ cups flour. 1 teaspoon cinnamon, ½ teaspoon soda. 1 cup brown sugar, ⅓ cup milk, ½ teaspoon gr. cloves, ½ teaspoon salt, 1 cup raisins or dates, 2 cups rolled oats or corn flakes.

Method.—Cream butter, add sugar, egg and milk and beat well. Add sifted dry ingredients, raisins and corn flakes or rolled oats. Roll thin and cut into rounds. Bake in a moderate oven for about 10 minutes.

COFFEE ROLLS

8 ozs. flour, 2 ozs. sugar, 2 ozs. butter, ½ teaspoon (level) carb. soda, 1 teaspoon cream tartar, essence vanilla, 1 egg, ¼ cup milk, ¼ teaspoon salt.

Method.—Cream butter and sugar. Add nearly the whole of beaten egg (keep a little back for glazing), then milk—gradually. Add essence, sifted flour and dry ingredients. Make into a very dry mixture. Turn on to a floured board, smooth into shape, roll ¾ inch thick, stamp into rounds with a fancy cutter. Glaze half and fold in two, glaze over top. Bake on a flat greased tin in a gradually decreasing heat for 20 minutes.

FRUIT CAKE (Eggless)

2 cups sugar, 2 cups water, ¾ cup lard or butter, 1 cup seeded raisins, 1 cup currants, 1 teaspoon gr. cloves, 1 teaspoon allspice, 1 cup chopped nuts, 1 teaspoon gr. nutmeg, 1 teaspoon cinnamon, ½ teaspoon salt, 1 teaspoon soda, 2 teaspoons baking powder, 3½ cups flour, grated lemon rind.

Method.—Cook sugar, water, lard, fruit and spices together for five minutes. Cool a little, add soda and baking powder sifted with flour, add nuts. Beat well.

Bake in a slow oven 45 to 50 minutes. This makes a large cake which keeps a long time.

FRUIT CAKE

1 lb. plain flour, ¾ lb. sugar (brown), ½ lb. butter, 1 lb. sultanas, 1 lb. currants, 1 teaspoon spice and cinnamon, some lemon peel, 2 eggs, 1 teaspoon carb. soda, ½ teaspoon salt, 1 breakfast cup milk.

Method.—Sift flour and salt. Rub in butter, then sugar. Add fruits, etc., and mix well. Beat eggs and stir into dry ingredients. Boil milk, add carb. soda. Stir well, add to cake mixture and beat well together. Bake in prepared cake tin about 3 hours.

GINGER SPONGE

2 tablespoons butter, ½ cup brown sugar, ½ cup golden syrup, ½ cup milk, 1½ cups flour. 1 teaspoon carb. soda, 1 dessertspoon ginger, 1 teaspoon cinnamon.

Method.—Cream butter and sugar. Add well beaten egg. Mix treacle or golden syrup and milk together, and add. Then all dry ingredients together. Bake in a very moderate oven about 20 minutes.

Cream Filling.—

1 tablespoon cornflour, 1 cup milk, ½ teaspoon vanilla, 1 tablespoon icing sugar, 1 tablespoon butter.

Mix the cornflour with some of the milk. Heat the remainder. Thicken with the cornflour. Cook 3 or 4 minutes. Allow to cool. Add gradually to the creamed butter and sugar. Flavour with vanilla.

GINGER BISCUITS (Eggless)

½ lb. flour, 2½ ozs. butter. 2 ozs. brown sugar, ½ teaspoon carb. soda, ½ teaspoon cream of tartar, 1 teaspoon ginger, ½ teaspoon spice, 2 tablespoons syrup.

Method.—Sift all dry ingredients together. Add sugar and mix well. Melt butter and mix with syrup. Make into a dry dough—roll out ¼ inch thick. Cut out with round cutter. Bake about 15 minutes in moderate oven.

NUT LOAF

2 ozs. butter, 2 ozs. sugar, 8 ozs. flour, 2 ozs. nuts, 2 ozs. raisins, sultanas or dates, piece of peel, 1 egg, ¾ cup milk, ½ teaspoon carbonate soda, 1 teaspoon cream of tartar, ½ teaspoon salt, essence vanilla.

Method.—Prepare fruit. Chop nuts roughly. Cream butter and sugar. Add beaten egg gradually, milk gradually, fruit, nuts, sifted flour, carbonate of soda, cream of tartar, salt. Mix lightly. Cook in well greased nut loaf tin three-quarters of an hour.

NUTMEG MOMENTS

Equal quantities of butter, sugar, flour, cornflour.

Method.—Cream butter and sugar together. Add flour and cornflour. Mix well. Put in small pieces on a greased tin. Bake in a moderate oven about 10 minutes. Join together with jam or icing.

RAINBOW CAKE

Beat to a cream 1 lb. sugar and ½ lb. butter. Add six (6) eggs, 1 at a time, 1 small cup of milk, ½ teaspoon essence of vanilla, 1 lb. flour with three (3) teaspoons of baking powder sifted.

Method.—Beat all for a few minutes, then divide into three, and colour and flavour each one as follows:—

1 plain; 1 with 1 teaspoon of cochineal; 1 with 4 teaspoons of cocoa. Bake in greased sandwich tins. Lemon filling between cakes when cool.

ROLLED-OAT BISCUITS (Eggless)

2 cups rolled oats, ½ cup brown sugar, ¾ cup flour, ½ cup melted butter, scant teaspoon carb. soda.

Method.—Mix all ingredients well together, having dissolved soda in two tablespoons of hot water. Let stand for ten minutes, roll into small balls, and bake slowly until brown and crisp.

SEED CAKE

½ lb. butter, ½ lb. sugar, ¾ lb. flour, 4 ozs. candied peel, grated rind of 1 lemon, 1 dessertspoon carraway seeds, 3 eggs, ½ cup milk, ½ teaspoon carb. soda, ½ teaspoon cream of tartar, ½ teaspoon salt.

Method.—Line a flat tin with two layers of paper. Sift dry ingredients. Cut peel thinly. Cream butter and sugar. Add beaten eggs gradually, milk gradually, peel, seeds, grated lemon, lastly sifted flour. Mix well. Pour into prepared tin and bake in a gradually decreasing heat for 1½ hours.

SPONGE SANDWICH

4 ozs. sugar, 2 eggs, 3 tablespoons hot water, 4 ozs. plain flour, 1 dessertspoon butter (melted), ½ teaspoon carb. soda, ½ teaspoon cream of tartar, ½ teaspoon salt.

Method.—Separate whites from yolks of eggs (keep yolks whole). Beat whites stiffly. Add sugar, gradually add yolks one at a time, beat until very stiff. Stir in sifted flour, cream of tartar and salt. Add soda dissolved in water and butter. Stir very lightly. Bake in greased sandwich tins, in moderately hot oven, about 20 minutes. When cool join together with any filling desired. Ice or sprinkle with icing sugar.

TEA CAKE

2 ozs. butter, 2 ozs. sugar, 8 ozs. flour, 2 ozs. sultanas, 1 piece peel, 1 egg, ¾ cup milk, ½ teaspoon salt, ½ teaspoon carbonate soda, 1 teaspoon cream of tartar, essence of vanilla.

Method.—Grease a sandwich tin well. Sift flour, soda, salt, cream of tartar, and prepare fruit. Cream butter and sugar, and add beaten egg gradually. Add milk gradually to the fruit and sifted flour, mixing lightly. Turn into sandwich tin and bake in a decreasing heat about 45 minutes. Brush over with glaze while hot.

Glaze for Tea Cake.—Boil 1 tablespoon sugar with two tablespoons water for a few minutes until a thick syrup.

WHOLEMEAL LOAF AND SCONES

2 cups wholemeal, 2 cups flour, 4 teaspoons baking powder, 1 egg, 2 small cups of milk, 2 tablespoons brown sugar, 2 ozs. butter, 2 tablespoons treacle.

Method.—Mix the treacle, milk and beaten egg together. Sift flour and baking powder, then add wholemeal. Rub in the butter and add the sugar. Make into a soft dough with the liquids.

It may be placed in greased tins and baked in a hot oven for 20 minutes, or it may be made into scones and baked for 10 minutes. This is sufficient for four loaves in round tins.

Two Delicious RECIPES

Made with Bournville Cocoa . . .

And remember, too—Bournville adds real nourishment as well as improving the flavour!

CHOCOLATE ICING: 2 oz. Bournville Cocoa, ½ lb. icing sugar, ½ gill water, few drops vanilla.

Method: Roll lumps out of sugar, then rub through a fine sieve; put the cocoa into a saucepan and mix to smooth paste with the water; stir over a low gas jet for a few minutes to cook, then leave until cool. Add the sieved icing sugar and flavouring, mix all to a smooth paste; stir over low gas until bottom of the saucepan feels just warm, then use as required. If the correct consistency, the icing should just coat the back of the spoon. If necessary, add more water, or sieved sugar as required.

CHOCOLATE BUTTER CREAM FILLING: 2 oz. fresh butter, Bournville Cocoa, castor sugar.

Method: Beat butter to a cream, then mix into it sufficient cocoa to well colour and flavour it. Add sugar to taste, beat well until thoroughly mixed.

NOTE—THIS FILLING CAN BE USED IN CAKES, ETC.

Cadbury's BOURNVILLE COCOA

FOR THAT RICH CHOCOLATY FLAVOUR

SWEET MAKING

This is a very popular accomplishment, and with a little knowledge and intelligence it can be made a profitable one, as home-made sweets always find a ready sale.

A list of a few essential utensils and some simple rules to follow will prove helpful:—Aluminium or enamel-lined saucepans to hold 3-4 pints; marble slab (a large china meat dish or a white enamelled tray makes a good substitute); deep enamel jug; glazing brush; wooden spoons; mixing bowls, china basins, and other utensils usually found in a well-equipped kitchen.

RULES FOR SWEET MAKING

Use good quality ingredients.
Stir sugar till dissolved.
Wash down sides of the saucepan with glazing brush.
Place lid on and bring to the boil.
Remove lid and cook at a level boiling.
Glucose or maize syrup prevents crystallization.
Cream of tartar is used as a substitute for glucose or maize syrup.

CARE OF SAUCEPANS

Saucepans used must have an unbroken line.
Do not burn or chip them.
Clean by soaking.
Thoroughly cleanse after use.
When cooking, do not make a second batch without having first scoured the saucepan.

DEGREES OF HEAT FOR SUGAR BOILING

Be methodical, and clean up as you proceed.

235°-240°—Soft Ball.—Syrup can be gathered together in a soft ball when placed in cold water.
250°-260°—Hard Ball.—Syrup firm enough to hold in fingers, but still pliable.
290°—Small Crack.—Syrup still clear and uncoloured, but will snap in cold water.
300°—Hard Crack.—Syrup golden brown and will crack when tested in cold water.

COCONUT ICE

1 lb. sugar, ½ cup water or milk, 6 ozs. desiccated coconut, pinch of cream of tartar or teaspoon glucose.

Method.—Place sugar and water in an enamel-lined or aluminium saucepan. Stir till dissolved. Add cream of tartar, bring to the boil, and cook at level boiling for five minutes or until 235 deg. Remove from the fire and stir until it begins to thicken and look white. Pour into a greased tin. Cut into bars when cold. If white and pink are desired, divide the mixture into two bowls and beat separately, making one pink, leaving other white.

FRENCH JELLIES

2 lbs. sugar, scant pint water, 1½ ozs. gelatine, pinch of cream of tartar, colouring and flavouring.

Method.—Cover gelatine with half the water. Place remaining water and sugar on to boil. When boiling, add gelatine and cream of tartar, simmer gently for 20 minutes. Flavour and colour. Pour into wet plates or tins. When cold, cut and roll in icing sugar, coloured crystal sugar, or fine coconut may be used.

MARSHMALLOWS

1 lb. sugar, 1 oz. gelatine, ¾ cup boiling water, ¼ cup cold water.

Method.—Soak gelatine in cold water. Add sugar to boiling water and boil for a few minutes. Add the soaked gelatine and boil for 20 minutes. Pour into a basin and beat till thick. Add colouring and all flavourings. Pour into greased dishes, allow to cool. Next day cut into shape and dust well with icing sugar.

MARSHMALLOWS (No Eggs)

2 cups sugar, 1 oz. gelatine (large tables), 1½ cups hot water, 2 tablespoons glucose.

Method.—Dissolve gelatine in half the water. Thoroughly dissolve glucose in remaining water. Mix both together. Beat this on to the sugar till thick. Flavour and colour. Set in greased plates. Cut when cold. Roll in toasted coconut if liked.

SALTED ALMONDS

Method.—Blanch some sweet almonds, dry them on a cloth and fry them a golden brown in either butter or oil. Keep turning them about while cooking. Drain on kitchen paper, sprinkle them at once with salt and cayenne. Serve cold.

TOFFEE

3 lbs. sugar, 1 cup cold water, 1 dessertspoon vinegar, pinch of cream of tartar, 1 dessertspoon honey.

Method.—Place water and all ingredients into an enamel-lined or aluminium sacepan, bring gently to the boil, remove scum. Boil till it is a light straw colour. If darker brown is desired, cook a few minutes longer, watching carefully for the desired colour. Turn out the gas, add coconut or nuts prepared, and pour into greased tins or patty cases.

JUNKET MAKING

PLAIN JUNKET

Take one junket tablet and dissolve it in a tablespoonful of cold water (be careful not to dissolve it in hot water or in milk). Then take a quart of fresh milk, sweeten it to taste, heat it carefully, and when lukewarm (80 deg. F.) add the dissolved junket tablet and stir quickly. Place it in a warm room for half an hour, until it is firm, then put it where it will cool, and it is ready for the table. If preferred, the milk can before setting be flavoured with lemon, vanilla, nutmeg or any other flavouring essence.

Junket should be prepared about an hour before eating, and it may be served as custard or any other pudding with or without cream, according to taste. Do not stir the Junket, but dish carefully.

JUNKET FROM CREAM

This may be made in the same way as when made with milk, using cream in the place of the miik, and in the same proportions. When ready to use, serve at once with some tart jelly.

CHOCOLATE JUNKET

Heat a quart of milk until lukewarm; add half a cup of sugar, and stir until dissolved. Melt two squares of chocolate in half a cup of the warm milk and boil a moment, add to it carefully the remainder of the milk, a teaspoon of vanilla and the dissolved tablets; stir and turn at once into the cups. Serve with sweetened cream or custard sauce.

DEVONSHIRE JUNKET

Stand rich twelve-hours old milk where it will come slowly to scald, and let it remain at that temperature ten or fifteen minutes; then stand away to get cold.

Make a plain junket, and when ready to serve, lift the cream from the scalded milk, place it on top of the junket, and serve.

WINE JUNKET

Dissolve two tablespoonsful of sugar (granulated) in three tablespoonsful of wine or brandy; add one teaspoonful of lemon juice and a little grated nutmeg. Heat one pint of fresh milk just warm, as for plain junket. Take it from the fire; stir in the wine, then the dissolved tablet (half a tablet to the pint), and proceed as for plain junket. If required as a medium for administering wine, brandy or whisky in illness, as much as four tablespoonsful may be used.

JUNKET FOR DIABETIC

Put one quart of milk over the fire; heat until just lukewarm. Dissolve one grain of saccharine in a little of the milk and add it to the remainder; add a teaspoonful of the flavouring and one junket tablet dissolved in one tablespoonful of cold water. Stir quickly and pour at once into glasses. Let it stand in a warm place (not exceeding blood heat) until solid, then place where it will become perfectly cold before serving. More or less saccharine may be used, but care must be taken in handling it so as not to surfeit the invalid.

FILLINGS

FISH FILLING

1 small tin salmon, 1 teaspoon butter, 1 teaspoon flour, ⅓ cup milk, salt, cayenne, 1 teaspoon lemon juice.

Method.—Break all salmon up and remove bones. Melt butter in saucepan, add flour. Mix well and cook 1 minute. Then add milk and mix until smooth. Cook 3 minutes. Add salt, cayenne, lemon juice and salmon, stir until smooth for spreading. Use when cold.

FISH PASTE

3 red herrings, ¼ lb. butter, 1 egg.

Method.—Skin and bone herrings thoroughly. Boil the butter. Then add all the ingredients and beat well. Season with pepper and salt to taste.

IMITATION SHRIMP PASTE

Yolks of 2 hard-boiled eggs, 2 teaspoons anchovy sauce, 1 teaspoon Worcestershire sauce, 2½ ozs. butter, pinch of mace, pinch of cayenne.

Method.—Crush the egg yolks with a fork. Warm the butter and work it in, add all the remaining ingredients. mix until the paste is of the consistency of thick cream. Put into small jars, cover and seal. Serve on hot buttered toast, cut into finger lengths.

LEMON FILLING FOR CAKES OR TARTS

1 cup water, 1 dessertspoon custard powder, 1 tablespoon sugar, 1 tablespoon butter, juice and rind of 1 lemon.

Method.—Boil sugar and water and thicken with custard powder. Cook 3 minutes. Add butter, lemon juice and rind, and beat well. When cool use in the same manner as lemon butter.

MEAT PASTE

1 lb. lean steak, ¼ lb. butter, 1 teaspoon pepper, 1 teaspoon salt, ½ teaspoon nutmeg, ½ teaspoon mace, 1 teaspoon cayenne.

Method.—Cut steak up. Place all ingredients in a jar and place in a saucepan of boiling water. Cook 2½ hours. Put meat through mincing machine, then mix with the other ingredients and beat to a paste.

PICKLE AND ONION STUFFING

1 cup cracker crumbs, 3 tablespoons melted butter, ½ teaspoon salt, 1 small onion (minced), 1 teaspoon minced parsley, 1 teaspoon minced capers, 1 teaspoon minced sour pickles, 1 tablespoon Lea and Perrin's sauce.

Method.—Mix all ingredients together. This is a good stuffing for any meat or poultry, and particularly good for fish.

SAVOURY FILLING

1 banana, 1 small onion, 1 stick celery, 1 dessertspoon jam, 1 dessertspoon raisins, 1 dessertspoon sultanas, 1 teaspoon butter, 1 teaspoon flour, salt and curry to taste.

Method.—Melt butter, add flour and brown it. Add chopped fruits, vegetables, and mix with butter and flour. Add sufficient milk to make it spread easily on the bread and butter.

SWEET FILLING

1 tablespoon raisins, 1 tablespoon sultanas, 1 tablespoon dates, 1 teaspoon cocoanut, 1 teaspoon smooth jam, 1 teaspoon chopped nuts.

Method.—Chop all the fruit and nuts finely. Mix well together, add other ingredients. Mix well. Then spread on buttered bread, trim and cut neatly.

TEA

Most of us have become so accustomed to tea that we should probably have to be deprived of it to fully realise the important part it plays in our lives and the enjoyment and help we derive from this delicious and stimulating beverage—next to water, the most economical drink in the world.

An eminent doctor in a recent report stated that tea is an indispensable beverage, particularly suited to modern times. It is a medicine which works upon the entire muscles of the body and strengthens the power of resistance and endurance. Its benefits are due to its tonic values—a safe tonic that never lets you down—and on which has no after effects.

Never be deceived by so-called "bargains" in tea. Always buy a good quality brand—for, after all, the extra cost per cup is infinitesimal. Remember that tea is a temperamental drink, and must always be treated and made properly if you would get the best results from it. Always keep it in an air-tight container, and follow these rules:—

Boil fresh water. Warm up the teapot. Put in one teaspoonful of tea for each person and one for the pot. The moment the water comes to the boil pour it on the tea. Let the tea brew for five minutes.

The quality of tea largely depends upon the elevation at which it is grown. The coolness and frosty nights high up in the mountains in the tropical regions cause slower growth of the tea plants and these high grown teas possess the finest flavour and so command a higher price than tea grown at or near sea level. The colour of tea does not prove its qualities—for some of the finest teas and most expensive teas in the world give, in the cup a clear liquor ranging from pale to deep coppery-red colour, but they both possess beautiful flavour and strength.

The grades of tea, Broken Orange Pekoe, Orange Pekoe, Pekoe, etc., do not denote its quality—for an "Orange Pekoe" may be of superb, medium or poor quality, according to its growth, season and manufacture.

Jam & Jelly Making

JAMS

Table showing the amount of sugar to the pound of fruit, and also the time the jam should simmer after reaching boiling point.

Cherries ..	12 ozs.	45 minutes
Black Currant ..	12 „	45 „
Plum	12 „	25 „
Raspberry	14 „	5 „
Red Currant	14 „	45 „
Greengage	12 „	25 „
Apricot ..	12 „	25 „
Blackberry	12 „	30 „
Strawberry	1 lb.	8 „
Rhubarb	1 „	45 „
Vegetable Marrow ..	1 „	40 „

JELLIES

Table showing the amount of sugar to the pint of juice, and also the time the juice should boil after the sugar is added.

Blackberry ..	14 ozs.	20 minutes
Plum and Apple	14 „	15
Green Gooseberry	1 lb.	25
Apple	1 „	30
Quince	1 „	30 „
Orange	1 „	60 „
Plum	1 „	15-20 „
Grape	1 „	15 „

DRIED APRICOTS

Dried apricots may be used in the making of a number of jams, and will form a pleasing variety. The best quality should be purchased, and always thoroughly washed before using. It is necessary to soak the fruit from 24 to 36 hours, to replace some of the water which evaporated during the drying process. If the pieces of fruit are large it will be found more economical to cut them into several pieces before soaking.

DRIED APRICOT JAM

1 lb. dried apricots, 2½ pints water, 4 lbs. sugar.

Method.—Wash the fruit in several waters. Soak in the 2½ pints water from 24 to 36 hours. Lift out the fruit and strain the liquid through muslin. Place fruit and strained liquid into a preserving pan. Cook until quite soft. Add the sugar and boil until syrup sets. then place in a saucer for a few minutes. Place into warm bottles. Cover. label and date. Store in cool, dry place.

DRIED APRICOT AND PASSIONFRUIT JAM

1 lb. dried apricots, 2 lbs. sugar, 6 cups water (small), 2 doz. passionfruit.

Method.—Wash the fruit thoroughly. Soak in the water from 24 to 36 hours. Lift out the fruit and strain the liquid through muslin. Place fruit and strained liquid into a preserving pan. Cook until quite soft. Add the sugar and passionfruit pulp. Boil until it jells when tested on a saucer. Place into warm bottles. Cover, label and date.

(**Note.**—The passionfruit pulp may be strained and only the juice added to the jam.)

DRIED APRICOT AND PINEAPPLE JAM

1 lb. dried apricots (cut into small pieces), 1 quart water, 1 medium-sized pineapple, 3 lbs. sugar to every lb. of pineapple.

Method.—Wash the fruit thoroughly. Soak in the water from 24 to 36 hours. Lift out the fruit and strain the liquid through muslin. Peel the pineapple and shred with a fork. Boil the pineapple until soft in the apricot liquid. Add apricots and bring to the boil. Add the sugar and boil until it jells. Place in warm bottle. Cover, label and date.

MARMALADE

6 Sevilles, 6 lemons, 12 lbs. sugar, 5 quarts water.

Method.—Peel the lemons thinly and shred and rind very finely and stand aside in salt and water. Cut up the sevilles and the fruit of the lemons, after having removed all the pith and seeds, then add 5 quarts of water. Allow to stand overnight. Pour the water off the lemon rind and add the rind to the rest of the fruit. Boil quickly for about an hour without sugar, then add sugar and boil for 40 minutes or an hour. At first it will look rather thin, but will soon jell.

MELON AND LEMON JAM

To each 6 lbs. melon allow 6 ozs. green ginger or 1 medium pineapple, 6 lemons or 3 oranges.

Method.—Peel, seed melon, and cut into blocks. Put into a bowl with half the sugar and stand overnight. Allow ¾ lb. sugar to 1 lb. fruit. Next day add 1 pint of water if there is not enough liquid to float the melon, and the flavouring. Simmer till quite soft (about two hours). Add the rest of the sugar, and when dissolved boil rapidly till it jells and is a good colour.

(N.B.—Lemons, if used, are sliced thinly without the white pith. The skin should be very finely shredded. Pineapple should be cut into dice.)

MUSTARD DRESSING FOR PICKLES

2 level tablespoons flour, 1 tablespoon mustard, 1 level teaspoon tumeric, ½ cup vinegar.

Method.—Mix ingredients to a paste with the vinegar. Bring 1 pint vinegar and 1 cup sugar to boil. Add the blended ingredients and cook five minutes. Then add to prepared vegetables and bottle in usual way.

ORANGE JAM

4 oranges (large navel), 4 pints water, 4 lbs. sugar.

Method.—Wipe fruit, cut into very thin slices. Soak overnight in the water. Boil for half an hour next day with a cover on. Add sugar, stir a little till boiling. Boil steadily without lid until it jells.

ORANGE MARMALADE

3 Seville oranges, 3 sweet oranges, 3 lemons.

Method.—Shred and add 3 pints of water to each pound of fruit. Leave overnight. Boil until the fruit is tender. Add sugar (3 lbs. to every pound of fruit), 1 cupful at a time, to prevent it going off the boil. Boil until marmalade jells.

PEAR AND APPLE CHUTNEY

4 lbs. apples, ¾ lb. raisins, 2 lbs. pears, 3 lbs. tomatoes, 4 lbs. brown sugar, 2 tablespoons treacle, 1½ tablespoons cloves, 1½ tablespoons whole pepper, 1½ tablespoons allspice, 1½ tablespoons ground ginger, 1 lb. mace, ½ teaspoon cayenne, 2 quarts vinegar.

Method.—Peel and core apples, skin tomatoes, peel and slice ripe pears. Put all ingredients together and boil until the right consistency. Bottle and, when cool, cork tightly and label.

PEAR MARMALADE

6 large China pears, 4 pints water, 5 lbs. sugar, the juice of 4 lemons.

Method.—Slice the pears very thinly and soak overnight in the 4 pints of water. In the morning, add a finely-cut pineapple and boil all together until soft. Then add 5 lbs. sugar, and, when nearly cooked, the juice of the lemons. Boil until of a nice consistency and colour.

PLUM SAUCE

1 small tin dark plum jam, ¾ pint vinegar, ½ onion, 1 teaspoon ground ginger, pinch cayenne, ½ teaspoon pepper, ½ teaspoon salt.

Method.—Place all ingredients in a saucepan. Stir till boiling. Cook five minutes. Strain through a colander. Bottle. Place corks in when quite cold.

QUINCE AND APPLE JELLY

Method.—Wipe fruit. Cut up roughly, using skins, cores, etc. Put into a preserving pan and cover well with water. Boil gently from ½ to 1 hour, adding 12 cloves, if liked. Strain through a cheese cloth and stand for at least one hour. Measure and allow 1 cup sugar to 1 cup juice. When dissolved, boil rapidly till it jells.

TOMATO PICKLES GREEN

Chokoes or Cauliflowers

1½ lbs. of tomato (green), ½ lb. onions, 2 tablespoons salt, cauliflower or chokoes instead of tomato.

Method.—Prepare vegetables, place in layers with the salt, and stand overnight. Strain off all liquor. Put vegetables into preserving pan with 1 pint vinegar, 2 ozs. sugar, and a muslin bag containing 1 teaspoon cloves, 1 oz. ground ginger, ½ oz. allspice. Cook 20 minutes. Remove muslin bag. Add 1 pint mustard dressing. Cook 10 minutes longer.

RICE RECIPES

PREPARATION OF RICE FOR COOKING

Wash rice thoroughly in three or four changes of cold water or until water poured off is clear. This is the secret of cooking rice properly.

BOILED RICE WITH FRUIT OR MILK

Take one cupful of rice, place in a saucepan containing about 3 pints boiling water, stir the rice slowly into this, add a pinch of salt and boil until rice is quite soft. Then turn the rice into a colander to drain. Place the colander over the saucepan (which must contain a little boiling water) and place on the stove to steam for a few minutes. Serve with fruit or sugar and milk as desired. This will be found to be very satisfying at all periods of the year.

SAVOURY RICE

Two breakfast cups of boiled rice. Melt 1 tablespoon butter in pan, beat up rice well free from lumps. Stir till well mixed with butter, add 2 ripe tomatoes cut in slices. Make very hot. Add 4 large tablespoons of any grated cheese. Season, mix and heat well. Serve heaped up on buttered toast.

SPANISH RICE

Boil ½ lb. rice, drain well and dry in oven. Put 2 oz. margarine or butter in frying pan, make it hot, then fry rice till golden brown. Stir in tablespoon tomato sauce or 2 tablespoons tinned tomatoes, 1 oz. grated cheese. Mix them well and pile high on dish.

RICE AND APPLE PUDDING

Take equal quantities of well-stewed or steamed rice and nicely cooked apples. Grease a small pie dish or fireproof dish, put the stewed apples at the foot of it, and the rice on the top. Sprinkle over some rough sugar or some cake crumbs, and place on some small pieces of butter. Bake in a good oven until nicely browned and hot through. Any other fruit, or even some good jam, may be used instead of apples.

CURRIED RABBIT

Slice 2 or 3 onions and fry brown in butter, then fry the joints of the rabbit, take them out and add a good curry sauce to half a pint of stock, and stew the rabbit till tender. Serve with boiled rice.

RICE GRUEL

Take 2 good teaspoons rice, add ½ pint boiling milk. Let simmer for 15 minutes; it must be stirred all the time. Add teaspoonful of sugar, a pinch of salt and a pinch of cinnamon; or a tablespoon of brandy or sherry.

FRIED EGG AND RICE

Parboil some nicely washed rice, simmer till cooked in good stock or gravy, with half teaspoonful of curry powder, cayenne, salt and a squeeze of lemon juice. Set in a hot dish with fried eggs on the top.

RICE INSTEAD OF VEGETABLES

Boil rice until soft, then place in frying pan (slow fire), add a little butter, pepper and salt; served this way with roast meat or poultry it is delicious. Curried eggs may be treated in exactly the same way.

VEGETABLE RECIPES

ASPARAGUS (Fresh)

Method.—Tie the asparagus in a bundle, having the heads level. Cut the ends of the stalks equal. Stand the bundle upright in a saucepan of boiling water (salted), allowing water to reach half-way up the bundle. Boil 25 to 35 minutes, then lift out carefully, remove strings and drain. Serve with melted butter.

BROAD BEANS

Method.—Boil in a little salted water till skins crack; drain, and put into cold water, then slip off skins. Cook them in water till tender, drain and serve with butter or chicken fat. Season to taste.

BRUSSELS SPROUTS (Boiled)

Method.—Remove the discoloured outer leaves from the brussels sprouts, wash well, cut once through the portion from which the stalk was removed, and throw into boiling salted water. Cook quietly until tender (about 15 minutes). Drain well and serve immediately.

BUTTER BEANS

Method.—When preparing butter beans for cooking, just top and tail them; do not cut them up. Then put about 1½ cups of water (for 1 lb. beans) on to boil, with a teaspoon of sugar and a dessertspoon of butter. When boiling, put in the beans and cook hard for 20 to 30 minutes. Remove the beans and thicken the liquid with a teaspoon of moistened arrowroot. Bring to the boil for two minutes, and then pour over the beans.

CABBAGE, SWEET SOUR

2 small onions, 1 cabbage, 1 tablespoon fat, 1 tablespoon flour, citric acid.

Method.—Chop cabbage and one onion very finely. Sprinkle with heaped teaspoon salt and rub into cabbage with hands till cabbage becomes watery. Put into basin and let stand 1½ hours. Squeeze as much water as possible from cabbage and place in saucepan with 2 tablespoons sugar, sprinkle of pepper, and cover with boiling water. Simmer for 1 hour. Fry second onion, finely chopped, in fat sprinkled with flour, till golden brown; add ¼ cup hot water, cook till smooth, add to cabbage with citric acid to taste. Simmer for 30 minutes.

SWEET CORN (Boiled)

Method.—Remove husks and silky threads, cover with cold water, and let come slowly to boiling point. Remove from water and serve with butter, salt and pepper.

SWEET CORN FRITTERS

6 ears raw corn, 2 eggs, ½ teaspoon salt, 3 tablespoons water or liquid from canned corn, 2 tablespoons flour.

Method.—Grate the corn off the cobs. To the pulp add the yolks (beaten), the rest of the ingredients, and lastly the beaten whites. Drop by spoonsful in deep hot fat, and fry until nicely brown.

VEGETABLE MARROW, STUFFED

1 medium-sized vegetable marrow, 3 tablespoons chopped ham or cold meat, 3 tablespoons chopped suet, 4 tablespoons breadcrumbs, 1 teaspoon chopped parsley, 1 egg, 1 oz. butter, pepper and salt.

Method.—Peel marrow, cut in halves lengthwise, remove seeds. Prepare stuffing from above ingredients. Boil marrow for 15 minutes in salted water; drain and cool; place in greased tin. Place prepared stuffing in each half. Sprinkle with breadcrumbs. Place small pieces of butter on top. Bake in moderate oven for 15 minutes. Dish on a hot vegetable dish.

POTATO DRESSING

½ cup boiled potato, 2 tablespoons salad oil, vinegar, mustard, pepper, salt.

Method.—Smash the potato into a floury condition and add the other ingredients. Put in the oil and vinegar last, stirring the mixture all the time. A spoonful of made mustard is sufficient, and the vinegar should not exceed a quarter of the oil.

ASPARAGUS OMELETTES

Asparagus, seasoning, 2 eggs, 1 oz. margarine, buttered toast.

Method.—Collect the tops of the asparagus, boil them slightly; then add the 2 eggs, beaten up, and the margarine and seasoning. Mix into a pulp, heat for a few moments, and spread on hot buttered toast.

POTATOES AND ONIONS

Method.—Grease the dish. Have ready sliced onions and sliced potatoes. Fill the dish with alternate layers, adding pepper and salt and a few small pieces of butter. Finish with a layer of onions. Pour over a ½ cup of milk. Cover with the lid or butter paper, and bake in gentle oven for about ½ hour, then remove cover; add another ½ cup of milk and bake for another 20 minutes to ½ hour. Delicious with a fish dish.

TURNIP CAKES

Method.—Cook turnips until tender; drain, add half the quantity of freshly-boiled potato; mash, season with salt, dripping and black pepper. Form into cakes, dip in beaten egg and crumbs, and fry a golden brown.

MARROW-AU-GRATIN

Method.—Cut marrow into rings 3 inches wide, cut rings across into 3 or 4 pieces, remove seeds and peel very thinly. Place in a baking or large pie dish, and add sufficient water to come half-way up the sides of marrow; add salt and cover the dish with another of similar size and shape. Place dish into a moderate oven and cook until marrow is tender (½ to 1 hour), drain off the water.

Make a thick melted butter sauce, using some of the water from the marrow added to the milk. Mask the pieces of marrow with the sauce and cover with breadcrumbs. Sprinkle with grated cheese and return to the oven uncovered, to re-heat and lightly brown. Lift out on to a flat serving dish or on to hot plates.

VEGETABLE CURRY

½ pint curry sauce, any vegetables may be used, as carrots, turnips, peas, celery, potatoes, 1 dessertspoon cocoanut, ¼ lb. rice, lemon, chutney.

Method.—For the curry sauce melt 1 oz. butter in a pan, cut one small onion and apple into dice; fry a golden brown, then add 1 dessertspoon each of curry powder and flour, and brown well; add ½ pint stock or water, stir till it boils. Add cocoanut, a little chutney, and the vegetables, which have previously been cooked and cut into dice, salt, lemon juice. Simmer very slowly till vegetables are thoroughly heated (about ½ hour). Season to taste. Garnish with the rice (boiled and drained). Serve chutney as an accompaniment.

TOMATO OMELETTE

Eggs, butter, 1 or 2 tomatoes, seasoning, milk.

Method.—Fry the tomatoes until they are soft and browned; then make the omelette as for egg omelette, but when the beaten egg begins to set in the pan, pour on the fried tomatoes.

ONIONS-AU-GRATIN

White onions are less strong in flavour than brown ones.

Method.—Peel onions and blanch by putting them into boiling water and cooking quickly for 5 or 10 minutes; then drain this water off and cover onions with fresh boiling salted water; cook them gently until quite soft, drain well. Put onions into a pie dish or other fireproof dish and cover them with a melted butter sauce. Sprinkle grated cheese over the top, then sprinkle with fine white breadcrumbs and brown evenly in a hot oven or under red-hot grill burners. Serve hot.

Preservation of Food

PRESERVING EGGS

First Method: Lime Water

3 gallons boiling water, 1 quart lime, 1 oz. cream of tartar, ½ lb. salt.

Method.—Pour the boiling water over the lime, leave for two days, stirring now and then. Then pour all water off with any of the lime, and mix the salt and cream of tartar into the lime water. It is then ready for use. Be careful that none of the eggs are cracked, and place them in the water each day as they are laid.

Second Method: Lime Water

6 lbs. unslaked lime, 3 lbs. salt, 2 buckets boiling water.

Method.—Pour lime into the boiling water; when cold, stir and drain off, adding salt. Eggs must be covered with the liquid.

Third Method: Glycerine

As the eggs are laid, smear the eggs with pure glycerine. Pack with small end up. They also may be preserved by smearing with butter, but glycerine is better, as it does not turn rancid.

FISH

The freshness of fish can be readily ascertained by feeling if the flesh is rigid and firm, and noticing the clearness of the eyes.

FISH CAKES

Cold cooked fish or salmon, 2 or 3 potatoes, lemon juice, salt and pepper, chopped parsley.

Method.—Mash the potatoes, skin and flake the fish, removing all bones. Mix fish and potatoes, add seasoning, parsley and lemon juice, binding with a little milk if necessary. Flour board lightly. Take about 1 tablespoon of the mixture at a time, shape into flat cakes, dip in egg and breadcrumbs, and fry a golden brown. Serve hot, garnished with lemon and parsley.

FISH CASSEROLE

2 flathead (or any thick fish), 1 onion, 1 dessertspoon butter, 1 dessertspoon flour, 1 dessertspoon vinegar, salt, pepper, parsley, lemon, 1 cup water.

Method.—Scale the fish, clean and cut into pieces. Cut onion in thin slices. Make butter hot in pan, fry onion in same until a golden brown, and add the flour. Cook for a few minutes, then add water and vinegar, stir till boiling, add seasoning. Place pieces of fish in casserole, pour sauce over, cover, cook in a moderate oven for a quarter of an hour, or till fish is cooked. Sprinkle with parsley and garnish with lemon.

FISH CLEMENTINE

Two fish fillets, free from skin.

Method.—Prepare one tablespoon of white breadcrumbs, season with salt, pepper and chopped parsley. Place half the seasoning on each fillet. Turn back the other half of fillet to cover seasoning and secure with a piece of wooden match. Sprinkle lightly with salt and squeeze over it a little lemon juice and steam between two plates. Remove skewer and place on an entree dish. Mask with melted butter sauce, coloured a pale salmon. Garnish with chopped parsley.

FISH KEDGEREE

Cold smoked fish, ½ lb. rice, 2 hard-boiled eggs, salt and cayenne, lemon juice, 2 oz. butter, 1 gill milk.

Method.—Skin, bone and flake the fish, melt 1 oz. butter and milk, add to it the flaked fish and the whites of eggs chopped finely. Boil the rice, drain, re-heat with 1 oz. butter. Arrange the fish on a hot dish, sprinkle over it a little lemon juice, cover with the rice, heaping towards the middle, rub the yolks of eggs through a sieve over it. Serve at once.

FISH (Smoked or Salted)

Wash in cold water. Soak in plenty of cold water for 24 hours. Remove fish from water, place in a large enamel saucepan or fish kettle. Cover with warm water. Add 1 tablespoon of vinegar and cook gently 20 minutes. Serve hot with parsley or anchovy sauce.

FISH (Curried)

Pieces of cold fish, piece of butter, 1 onion, 1 teacupful milk, flour, seasoning.

Method.—Flake the fish and fry it a nice brown colour with the butter and onions. Place fish, butter and onion mixture in a pan, add the milk, and simmer for 15 minutes, mixing 1 teaspoonful of curry powder with it.

FISH PIE

Cold cooked fish, mashed potatoes, 1 tablespoon milk, 1 onion, parsley, salt and pepper to taste, butter.

Method.—Skin and flake fish and remove bones. Mince onion very finely, mix with the fish, also chopped parsley, salt and pepper, and moisten with milk. Mash potatoes, add to them a little butter and milk, and beat till smooth. Line a greased pie dish with potatoes, add fish mixture, cover with potato, smooth over the top, glaze with milk and bake in a moderate oven about 20 minutes.

FISH (Soused)

1 large fish, 12 peppercorns, 6 cloves, 1 sliced onion, bunch of herbs, nearly ½ cup vinegar, 1 chili, ½ teaspoon spice, ½ teaspoon ginger, ½ teaspoon salt.

Method.—Clean and trim fish. Slit fish almost through, open out flat in baking dish. Place onion and other ingredients on top of fish. Cover with greased paper, bake in a moderate oven until tender (15 minutes). Allow to stand in dish until cold. Lift out to serving dish, then strain liquor over it. Garnish with lemon, parsley and, if liked, tomato.

FISH (Steamed)

Method.—Put a saucepan of water on to boil. Grease thickly with butter two enamel or porridge plates (one of these must fit tightly over top of saucepan). Place prepared fish (small bream, flathead or whiting, whole or filleted) on plate, sprinkle lightly with salt. Squeeze over it the juice of half a lemon. Cover with second plate. Place on top of saucepan of boiling water. Steam five minutes on each side. Serve hot. Garnish with small sprigs of parsley.

OYSTER SAUCE

1½ doz. oysters, small piece of lemon rind, 1 oz. flour, 1 blade mace, 1 oz. butter, ½ pint milk, ½ pint oyster liquor.

Method.—Beard oysters and put beards, oyster liquor, mace and lemon rind into a small saucepan. Boil for five minutes, strain, and add ½ pint to the milk. Make white sauce of butter, flour, milk, and oyster liquor, season with lemon juice and salt. Scald oysters by holding in boiling water five seconds, drain, and add to the sauce.

SCOTCH HADDOCK

Cut ½ lb. of haddock into pieces of suitable size for dishing. Place in a pan or saucepan and cover with cold water, bring slowly to the boil and simmer gently for five minutes. Drain off the water, pour over the fish the juice of a small lemon, add a small piece of butter, a sprinkle of pepper and blade of mace, cover closely and warm gently on an asbestos mat for 10 to 15 minutes. Serve plain or with melted butter sauce. Garnish with parsley.

Hairdressing

Woman's appearance to-day counts more than it ever did in any other period of the world's history.

Once the prerogative of the great, the masses gradually infringed upon it until it is now conceded as the inherent right of every woman. This is so in a marked degree in hairdressing.

From earliest infancy to old age correct dressing of the hair is one of woman's chief adornments. The baby girl with her curly clusters tastefully arranged acquires an additional charm. Thus, early in life she becomes hair-conscious, and the admiration she receives from others increases the desire to use her tresses to the best advantage. She carries this longing with her through her school days, and glories in her triumphs of artistry.

So on, as she progresses through life, she devotes to her hair the attention appropriate to each period, revelling in the opportunities of beautifying herself as nature intended.

She scorns the days when women had no appreciative value of hair, for there were times when the rank and file neglected attentions, which they considered were reserved for the great.

This hair-consciousness is not confined to any particular locality, it is universal. It has resulted in the evolving of better and more scientific methods, it has stimulated the creative faculties in women themselves, and in those who minister to hair-dressing needs of the community.

Today, anything will not do. It has to be the best that imagination, coupled with dexterity, can produce. At every stage, hairdressing is an exacting task, which increases as the years go on. The debutante is expected to display more exquisite dressings when she makes her bow, while the young matron is called upon to exercise keen judgment and taste to retain the reputation for individuality won in her earlier years.

When the more sparkling charms of youth begin to fade, the older woman still has her hair upon which to rely for attractiveness, and so we see many beautiful examples of hairdressing among women of refined sensibilities.

It is only by continuous attention to the dressing of the hair in the manner befitting each epoch in a woman's earlier career that she is able, in later life, to conserve her charms and avoid an incongruous ensemble.

This love of the beautiful in hairdressing is never more elegantly displayed than in the harmonious styles adopted by many of the venerable old ladies we meet who have acquired in a high degree the art of growing old graciously.

It is no less an important beautifying adjunct to the kindly expressive face of these placid old ladies than it was in their far-off days, when it grew with enchanting lustre in luxurious profusion.

Hairdressing and Beauty Culture

You are sure of success when trained at

ASSOCIATED HAIRDRESSERS' ACADEMY

In every State Board Examination held to date

THE THREE HIGHEST PLACED STUDENTS

were trained by this Academy. Over 1,000 requests from employers for our graduates during the last 12 months.

Write, call or phone for booklet entitled *"Ladies' Hairdressing and Beauty Culture"*

ASSOCIATED HAIRDRESSERS' ACADEMY

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MELBOURNE Telephone: MU 3660

Foot Comfort

(By a Chiropodist.)

Feet suffer from a great many conditions, mainly due to unsuitable footwear. Unfortunately the damage is often done during childhood or adolescence, the supple young foot being forced into a strained position. As the joints stiffen up with increasing years, however, and particularly if the body weight becomes greater, the foot fails to withstand the abnormal strains put upon it and commences to give trouble.

In choosing a shoe, a straight or nearly straight inner border, a snugly fitting counter or heel, and an easy front are essential. High heels may be all very well on occasions, at a party or for dancing, but for every-day working purposes they are all wrong. They throw the body weight forward and interfere with correct body posture, and they cause crowding of the forefoot into the forepart of the shoe, buckling up the toes and cramping the ball of the foot.

New shoes should be comfortable, and should never cause weeks of agony while being "broken in." Only a fool would endure a perpetual headache due to jamming his head into a hat a size too small, but thousands of people, otherwise comparatively sane, endure torture in order to wear shoes which do not fit their feet.

Standing, rather than walking, is the most trying thing for the feet, and people whose occupation entails much standing should be particularly careful about their shoes. Raising the inner borders of the comparatively low heels, and ensuring ample room for the forefoot, are points of great importance.

The foot which aches in the instep is in a condition of strain, and can be helped by raising the inner borders of the heels, walking with the feet intoed or straight instead of toed out, and by doing special exercises.

The sickening pain in the ball of the foot—metatarsalgia—is due to compression of the forefoot in the shoe, and can be cured by wearing shoes of sufficient breadth, with a sole flat from side to side.

Arch supports and plates are in general not advisable. If relief can be obtained in no other way, the plates may be worn for a time, but proper shoes must be obtained, and foot exercises must be conscientiously done, so that the plates may be discarded as soon as possible.

The tired, aching foot in general is much relieved by proper shoes, foot drill and exercises, massage and manipulation, as well as hot and cold contrast baths.

Telephone: F 5939

Miss Field
PTY. LTD.
CHIROPODISTS

ALL FOOT AILMENTS TREATED

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Cathedral Arcade
37 SWANSTON STREET, MELBOURNE

Miss Field,
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Chiropody.

Chiropodists can give a great deal of relief and comfort by the judicious paring of corns and calluses and by protecting tender parts of the foot by felt or padding. Some of them also give massage and manipulation and exercises, and these are to be recommended.

Perspiring feet may be helped by a weak alum bath—2 teaspoonfuls to basin of warm water twice a week. Methylated spirits swabbed on the feet daily and special foot powder is to be recommended for this condition.

Papillomas or so-called warts on the feet are exceedingly painful. These can be removed by a qualified chiropodist. Never attempt to doctor them at home.

Chiropody has made great strides in the last 10 years, and this branch of the medical profession is doing its part to make the people 100 per cent. efficient, and if war comes, remember an army marches on its feet, and with all deference to Napoleon, not on its stomach.

Dr. H. S. Berman, of Detroit, U.S.A., states that there is a place for the chiropodist in the army, and instances the rejection of 44,937 men out of 2,000,000 for serious foot troubles, not to mention minor foot ailments which cause so much discomfort.

SEWING, KNITTING AND FANCY-WORK SECTIONS

DICTIONARY OF TEXTILE TERMS

Bleaching.—The process of extracting the natural colouring from materials.

Carding.—Untangling and straightening out textile fibre.

Combing.—Further straightening out of fibres, leaving them parallel.

Dressing.—The substances used in the finishing of cloth to give it the desired weight, stiffness, or polish.

Dyeing (Colour).—Colouring of a material by immersion in a colour bath.

Fibre.—The raw material.

Fabric.—Finished cloth.

Mercerising.—A chemical process used with cotton. It straightens and plumps out the cotton fibre, causing it to be more lustrous, and take dye better. If correctly done, it strengthens cotton.

Piece Dyeing.—Dyeing after the fabric has been woven.

Ply.—The term applied to the number of yarn twisted together to form threads.

Spun Silk.—Silk or silk materials made from pierced and all other forms of waste silk, which cannot be reeled, but must be spun into yarn.

Synthetic Fibre.—A chemically-made fibre. The art silk is the best example of this class of fibre. Its trade name is Rayon.

Tie Dyeing.—This produces a pattern by tying string around certain parts of the material. This prevents the colour from entering, and it retains its original colour.

Spinning.—Twisting two or more fibres together to make yarn.

Retting.—Decomposition or rotting of woody tissue in a vegetable fibre.

Ruffing.—One of the early operations in cleaning of flax.

Weaving.—The interlacing of threads or yarn to make cloth. Two sets of yarn are used, one goes the length of the fabric, the other or filling being carried back and forward across the lengthwise yarn.

Warp.—Lengthwise yarn.

Weft.—Crosswise or filling yarn.

Yarn.—Continuous strand of twisted fibres.

Yarn Dyed.—Dyed before material is made.

Knitting.—A process of making fabric by interlooping.

ON GOOD KNITTING

Tension.—This all-important matter is determined by the number of stitches to the inch, and on it depends not only the size but also the elasticity of the finished garment. It is accordingly well worth while taking the greatest pains to work to the tension recommended in the recipe.

To this end, and before commencing the actual garment, work in the pattern, and with the wool and needles recommended, a piece of fabric about four inches square.

Place the tape measure widthways over its centre, and, without stretching the fabric in any way, count the number of stitches to the inch.

If the number of stitches to the inch be greater than the standard, a smaller garment will be produced by working at such a tension—if less, a larger one.

The size of needle or hook recommended throughout is for work of medium tension; therefore, one who works loosely should use needles or a hook one or two sizes finer that the number recommended, while a larger size should be taken by one working tightly.

The stitches should just grip lightly on the needles, allowing them to move easily along the latter without dragging the work.

Fabric loosely worked is apt to wear badly, besides stretching in the wash. Tight fabric tends to stiffen in washing.

Slipping a Stitch.—A term applied to the transference of a stitch from the left-hand needle to the right-hand one without knitting it. It is used a good deal in the making of fancy patterns, or in shaping, while, if the first stitch of each succeeding row (after the first) be slipped. the fabric will possess a neat, firm edge.

First and most usual method (sometimes known as "Knitways")—Inserting the point of the right-hand needle through the front of the first loop on the left-hand needle (from left to right), draw the loop off the left on to the right-hand needle, without knitting it.

A slipped stitch should always be slipped "knitways" unless otherwise directed.

Second method (known as "Purlways") :—Inserting the point of the right-hand needle through the front of the first hoop on the left-hand needle from right to left, draw the loop off the left on the right-hand needle without knitting it.

Grafting.—The best method for joining, without a ridge, the stitches contained on two separate needles.

It is used with advantage in place of the casting-off of two needles together (as in the case of the square toe of a stocking), or the sewing up of two cast-off edges (such as, for instance, the two shoulder seams of a vest).

Divide the stitches equally on two needles, with the wool at one end and with the right side of the work facing. Break off the wool, leaving a length of several inches, and thread this with a wool needle. * Inserting the wool needle, as if for knitting, into the first stitch of the front needle, draw it through the stitch and slip the latter off the needle: inserting the needle, as if for purling, into the second stitch of the front needle, draw the wool through and let the stitch remain on the needle; taking the wool under the front needle and inserting the wool needle, as if for purling, into the first stitch of the back needle, draw the wool through this stitch and slip the latter off the needle; inserting the needle, as if for knitting into the second stitch of the back needle, draw the wool through and let the stitch remain on the needle; bring the wool forward under the needle and repeat from * until all the stitches are worked off, darning in the end of the wool securely when finished.

Decreasing.—Method No. 1.—Used for shaping inwards from the end of the needle. Knit 2 stitches together.

Method No. 2.—Used for shaping inwards from the beginning of the needle. Slip a stitch, knit the next stitch, pass the slipped stitch over the knitted. (The same effect will be obtained by knitting 2 stitches together through the back of the loops.)

Method No. 3.—For deceasing 2 stitches. Slip a stitch, knit the next 2 stitches together, pass the slipped stitch over the 2 knitted together.

Increasing.—Method No. 1.—Knit into a stitch and, before slipping it off the needle, knit again into the back of the loop.

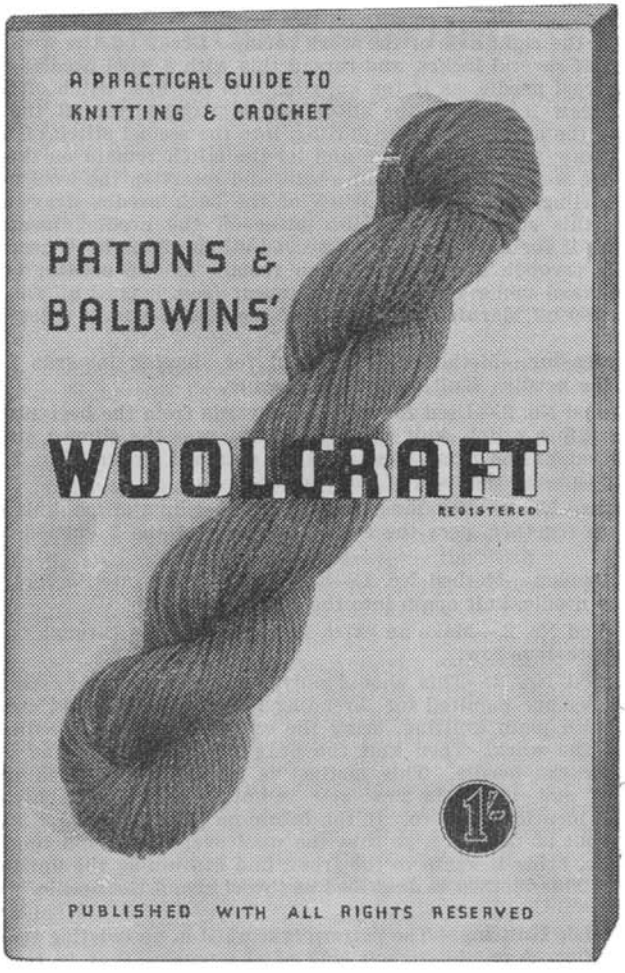
Method No. 2.—Make an extra stitch by knitting through one of the loops of previous row.

Method No. 3.—This should only be used in a fancy pattern, or where holes are required for threading ribbons, buttonholes, etc. If the fabric be in plain knitting, bring the wool between the needles to the front of the work. Then knit the next stitch whilst taking the wool back over the needle. This method is generally described as "wool forward," and, when the next row is knitted, produces a hole in the fabric as mentioned above. If the fabric be purled the wool is already at the front of the work, so pass the wool over and round the point of the needle, bring it again to the front, and continuing the purling along the row. This method is described as "wool round the needle."

Fair Isle Knitting.—The pattern is worked in by twisting the various colours of wool on the wrong side of the fabric—that is to say, the colour which is being worked is twisted under and over the colour not in use, the latter being left at a loose tension, so as to allow the correct elasticity to the fabric.

Coloured Pattern Knitting.—It is necessary to use a separate ball of wool for each section in the pattern.

Cast on the required number of stitches in each shade of wool according to the pattern. Work in rows of plain and purl (plain, smooth fabric), joining each section by twisting the colour to be used round, underneath, to the right of the colour just used.



"Woolcraft" will certainly interest you! It is indispensable to every knitter and is the finest and most comprehensive Guide to Knitting and Crochet ever written. Obtainable at Leading Drapers, Fancy Wool Shops and Newsagents. If unobtainable locally, send 1/2, together with your name and address, to PATONS & BALDWINS LIMITED, 84-94 Flinders Lane, Melbourne, C.1.

GET YOUR COPY NOW - PRICE 1/-

Winding the Wool.—Do not wind the wool into a hard ball. This stretches the yarn and spoils the appearance of the article.

Pressing.—Careless pressing will spoil even good knitting. Always put a damp cloth between the iron and the work and press lightly.

Washing and Drying Hints of Special Importance.—Woollen garments possess delightful properties which can easily be retained throughout the processes of washing and drying, provided that certain fundamental rules are observed.

Use a good soap, just enough of it to produce a free lather when thoroughly dissolved in clean, warm water in which the hands can comfortably be borne (in the case of white goods, especially at their first washing, it is helpful to add a little ammonia).

Never rub a woollen garment with soap; just move it gently to and fro in the soapy water, lightly squeezing until clean. Rinse in clean water of the same temperature, completely removing every trace of soap.

In the case of woollen garments containing a thread of artificial silk, a second rinsing in water, to which a little vinegar has been added, will prevent the colours running.

Never let the garment lie wet, but get rid of the water at once, either by putting through rollers at a light pressure, or squeezing between the folds of a clean towel.

Drying should immediately follow, preferably on a flat surface, such as a clean cloth, to the under side of which the dry air has access and on which the garment has been made to take the shape desired when dry.

If care be taken in following these general hints there should be no difficulty whatever in preserving the softness and whiteness of the wool, in avoiding shrinkage and in preventing colours from running.

It is absolutely wrong to put woollen garments to soak; to use strong soap, soda, quick washers and boiling—or even very hot—water (or, in the case of white garments, especially, a dirty sud); to let them lie in a wet state; or to hang them up to dry.

In such directions troubles inevitably lie. These washing hints will be found of untold value in practice!

Right Wool and Needles Essential.—Everyone has a different tension in knitting; to make sure of sizes use the right wool and right needles, cast on 20 stitches and knit 2 inches. See how many stitches and rows to the inch and compare with printed directions.

If you use different wool or needles (or both) to those listed in the pattern the finished work will be different in size.

Size of Needles.—Range from size 1 (the thickest) to size 16 (the finest).

Ply of Wool.—2-ply (the finest), 3-ply, 4-ply (average thickness) and then the coarse sports wools.

ABBREVIATIONS.

K. = Knit plain.
P. = Purl.
Tog. = Together.
Wl. fwd. = Wool forward.
P.S.S.O. = Pass slip stitch over.

Casting on.—A firmer, closer edge is obtained if the stitches are knitted on. Make 1 stitch on needle. Knit into this stitch, but instead of lifting off (as in knitting) insert left hand needle into front of stitch and lift off. Continue until necessary number of stitches is obtained.

Knit plain into back of stitches for first row to strengthen edge.

STITCHES.

Garter Stitch.—K. all rows plain.

Stocking Stitch.—Work one row purl, one row plain alternately.

Fancy Ribbing.—1st row: * K. 2, P. 2, repeat from * to end of row. 2nd row: Purl. Repeat these two rows alternately.

Moss Stitch.—Cast on an odd number of stitches. K. 1, P. 1, alternately, to end of row. Repeat, always commencing the row with a plain stitch.

Double Moss Stitch.—Cast on an even number of stitches.
1st row.—K. 2, P. 2, repeat to end.
2nd row.—Repeat 1st row.
3rd row.—P. 2, K. 2, repeat to end.
4th row.—Repeat 3rd row.
These 4 rows form the pattern.

Fern Stitch.—Number of stitches divisible by 9 and 1 over.
1st row.—K. 1, * wl. fwd., K. 2, K. 2 tog., twice, K. 2, wl. fwd., K. 1, repeat from * to end of row, ending with wl. fwd., K. 1.
2nd row.—Purl.
Repeat these two rows alternately to form pattern.

Lattice Stitch.—Number of stitches divisible by 3 and 1 over.
1st row.—K. 1, * wl. fwd., slip 1, K. 2, P.S.S.O. the 2 knitted stitches. Repeat from * to end of row.
2nd row.—Purl.
3rd row.—* slip 1, K. 2, P.S.S.O. the two knitted stitches, wl. fwd. Repeat from * till 1 stitch remains, then wl. fwd., K. 1.
4th row.—Purl.
Repeat these four rows to form pattern.

COTTON THREAD.

A good quality sewing thread is processed and refined from the time it leaves the cotton field until it is as perfect as science can make it. The world is searched for the finest long staple cotton crops and, when the cotton reaches the mills, it is combed many times so that only the longest of the long fibres are left. The manufacturers have given so much care and thought to evolving specialized threads—all perfect for the various types of sewing—that it is worth your while to give a few moments' thought to the choice of thread for different purposes.

You probably know that sewing cotton can be obtained in different thicknesses, but it is not sufficient to make sure that you use a fine thread for one material and a coarse one for another. The best thread for all domestic sewing is J. & P. Coats' and Clark & Co.'s 6-cord sewing cotton. This thread is made by twisting together two fine strands of yarn to form two-ply yarn, and then twisting together three strands of the two-ply yarn in opposite directions. Thus a thread is obtained which not only has the strengh of six strands of yarn, but has also an additional strength, owing to the cabling or twisting of the strands. Coats' and Clark's 6-cord sewing cotton can be obtained in various grist numbers or thicknesses so that you can procure as fine a thread as you want and yet still have the strength of six strands cabled together. You will find below some information regarding the correct grist numbers of J. & P. Coats' 6-cord sewing cotton, to use for different purposes:—

J. & P. Coats' 6-cord No. 40 is correct for heavy cretonnes, khaki, fabric furnishings and general household use, and sewing on buttons and making button-holes on medium-weight fabrics.

J. & P. Coats' 6-cord No. 50 is correct for percale, cambric, madras, muslin, gingham, cotton prints, lightweight woollens and firm dress silks.

It is most important that you should make sure you are using a good quality thread in the correct thickness, and a needle in the proper size for the work you are doing. Some of the most proficient needlewomen have no other secret than that they choose their needle and thread as carefully as they execute the sewing.

With over a century of experience in the art of thread-making the manufacturers of J. & P. Coats and Clark and Company's thread feel justly proud of the high standards of excellence in their products, and they guard them jealously by constant inspection, vigilance, and testing.

In the same way Messrs. Coats and Clark are anxious to see a high standard in the needlework done with their cottons, and to encourage the younger generation in this art Messrs Coats offer annually scholarships for competition amongst the school children of Australia, and these are creating considerable interest and have proved a stimulus in promoting needlecraft in the State Schools throughout the Commonwealth.

THE PROCESSING OF WOOL FROM RAW MATERIAL TO FINISHED YARN

The wool, after being shorn, is packed into bales, sent to the sales rooms of the various cities, and sold by auction. From the auction rooms, it passes into the factory of the purchaser, there being graded into qualities, each fleece yielding some four or five different types.

Scouring.—Before the manufacturing processes can be performed, the wool must be freed from dirt and its natural covering of grease which protected it whilst growing on the sheep. To wash the wool it is passed through the four bowls of a scouring machine, the first three of which contain a quantity of water and soapy cleansing mixture, the last bowl containing water only, as the wool is rinsed in this bowl. Having been washed, the wool is now comparatively clean, although there are still seeds and burrs hanging to the fibres. The scoured wool is then dried ready for carding.

Carding.—During this process the wool is converted from a mass of loose fibres into a long continuous web, known as a sliver, similar in appearance to a sheet of wadding. As the wool leaves the machine, it is wound into a ball for the convenience of handling.

Dyeing.—The wool is then dyed. This is done in a vat containing dye of the particular colour required, mixed with water. After the dyeing, the wool is again washed to remove surplus dye material. This improves the appearance of the colour. It is then dried, and a small quantity of a special oil is added to lubricate the wool fibres, to stop friction in the machines during later operations.

Combing.—Combing is the next operation, and the object of this process is to separate the long fibres from the short. These short fibres are called noils, and the combing out of these fibres also separates any remaining foreign matter, burrs, seeds, etc., from the long fibres. The combing operation also helps to lay the long fibres parallel in a twistless ribbon form about ¾in. in diameter. This, after leaving the comb is passed through two or three machines which further comb and straighten out the fibres. The material is then wound into ball form, and is known as a wool top.

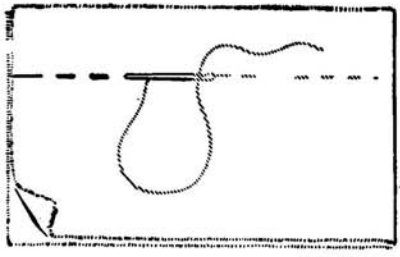
Drawing.—After combing, it is necessary to reduce the twistless ribbon thread to a definite weight or thickness, and all operations following this might be termed "drawing" or "reducing" operations. The drawing process is carried out on a group of machines with two sets of rollers which we shall call back and front rollers. The wool is

guided into the back roller and passes through to the front, being gripped by both rollers at the same time. As the front roller is running at a faster speed, the ribbon is drawn off as a much finer thread than when it started the process. As the wool runs through the front roller and on to the bobbin, a certain amount of twist is given to the thread, in order to increase its strength.

Spinning.—After the drawing process, the wool is spun into whatever thickness or "count" is required. Spinning is done on the principle as described above. In spinning, the yarn takes on the appearance of a thin thread, almost like cotton, but softer and more elastic.

Twisting and Reeling.—During this process, two, three or four spun threads are twisted together to form 2, 3, or 4-ply wool, according to what is required. It is then reeled into skeins, and washed for the last time, ready for making up into bundles or boxes.

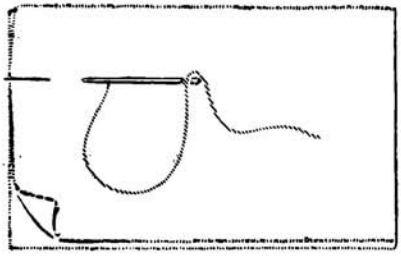
(This information kindly supplied by Patons & Baldwins Ltd.)



RUNNING STITCH

This is the simplest form of stitch used in hand sewing. It has many uses where a strong stitch is unnecessary as seaming the first sewing of a French seam, gathering, shirring and tucking, in light-weight materials.

To make the stitches, pass the needle through material, taking several small stitches at a time, before drawing needle through.

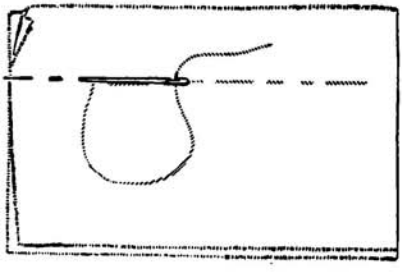


EVEN BASTING

Used where there will be some strain in fitting the garment.

Make even stitches on both sides of material, about ¼ in. long.

For velvets, fine silks or woollen material, use sewing silk instead of cotton thread, because cotton thread usually leaves a mark when material is being pressed.

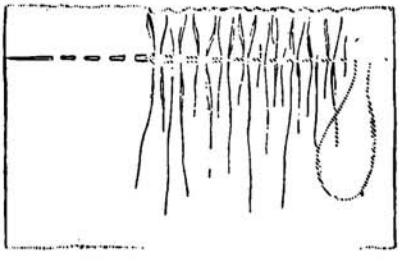


DRESSMAKERS' BASTING

Used for basting parts of garments together or strips of material for stitching; makes a good guide for machine stitching.

Take one long and two short stitches, as illustrated.

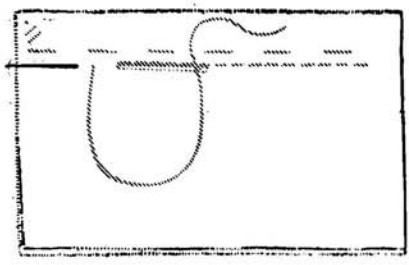
NOTE: All basting stitches should begin with a knot. Fasten the end with 2 or 3 diagonal stitches above the basting line. Clip basting stitches before removing.



GATHERING

Use running stitches, making them the same length on both sides. Continue making stitches until you have finished the row; then draw material together to form even gathers. Fasten with back-stitches.

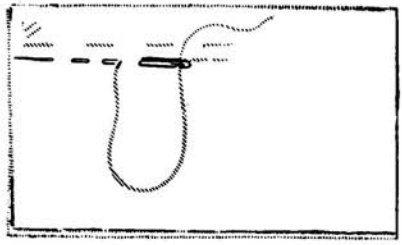
Illustrations and Notes from McCall's "Dressmaking Made Easy."



BACKSTITCHING

Used where strength is necessary, as in seams and bands.

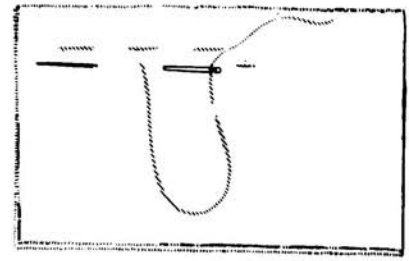
Begin stitching directly under the basting. Take a short stitch backward on the upper side of material and pass needle under twice that space on the wrong side. Bring needle through to right side and back to end of first stitch; then repeat process.



HALF BACKSTITCHING

This stitch is a quicker process than the backstitch, and can be used where less strength is required.

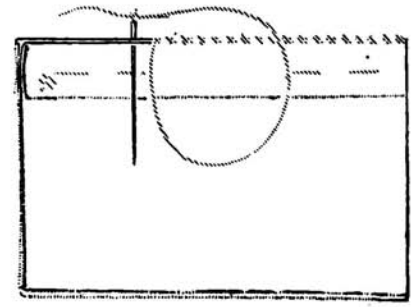
Take a stitch backward on upper side and pass needle under 3 times that space on the wrong side. Bring needle through to right side and half way back. Repeat process.



COMBINATION STITCH

This stitch may be used where strength is needed as in the second sewing of a French seam.

Start with a backstitch; then make two running stitches and repeat process.

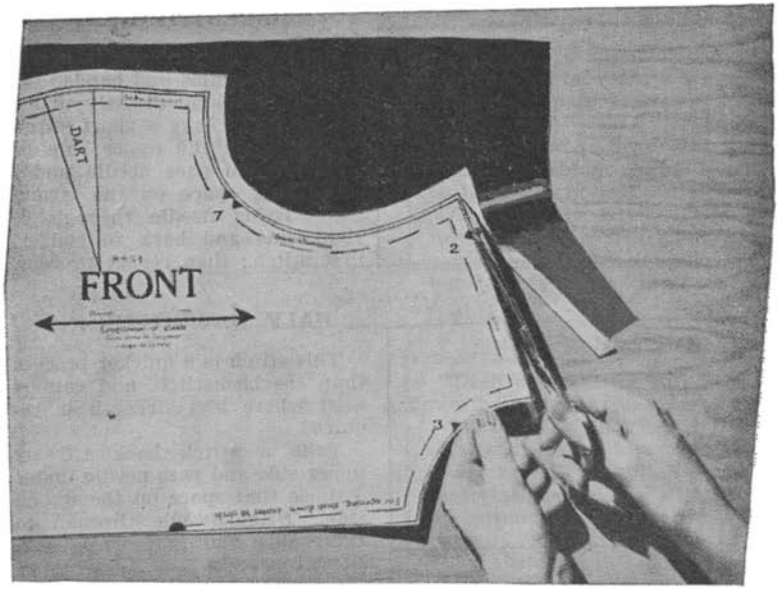


TOPSEWING

Used where a strong, flat invisible seam is desired as in table linen, undergarments, sewing on lace, patching, etc.

Sew with close, straight stitches, bringing the needle over and over, with point of needle towards you. Do not draw stitches too tight, or take them too deep, so that seam can open flat.

Illustrations and Notes from McCall's "Dressmaking Made Easy."



Every Sewing Step's Explained in

McCall's Printed Patterns

Making a frock, a coat, or even a suit is as simple as a. b. c. if you use a McCall Printed pattern. Step by step every detail is explained. Instead of the usual wobbly paper edge there's a well defined printed cutting line that firmly guides your scissors; numbered notches make it very easy to assemble the garment and the printed sewing instructions tell you the easiest and quickest way to achieve that really professional finish.

"Dressmaking Made Easy"— McCall's new dressmaking book, clearly illustrates the finer points of sewing, and the sketches on the following pages will give you some idea of the knowledge which can be gained from this book.

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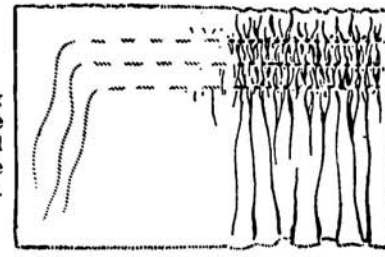
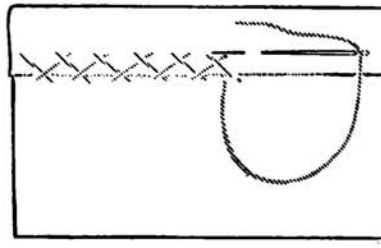


Used for trimming purposes.

Make several rows of running stitches, the desired distance apart, and draw into required amount. The stitches do not have to lie directly under each other.

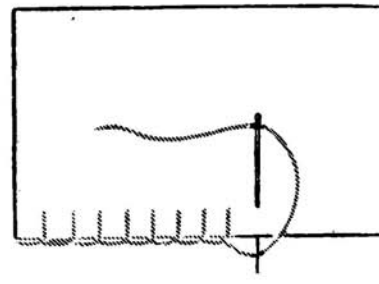
CATCH-STITCHING HEM



Catch-stitching is used mainly to hold down the raw edge of a hem or facing, when heavy material is used and it is difficult to turn under the raw edge.

Work from left to right, crossing threads at each stitch.

BLANKET STITCH

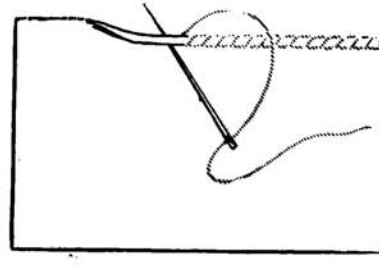


Blanket stitching forms a decorative finish for edges.

Working from left to right, insert needle at desired depth; then hold thread under left thumb and pass needle through with thread underneath needle.

The thread used for this stitch may be wool, silk, embroidery cotton, etc.

WHIPPING

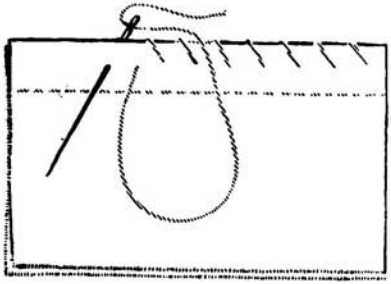


Used where a fine finished edge is desired in sheer materials, as for handkerchiefs, etc.

Roll edge as you make stitches, from right to left. Pass the needle under the rolled edge, not through it.

To prevent a curved or bias edge from stretching, make a row of machine stitching close to edge, before rolling.

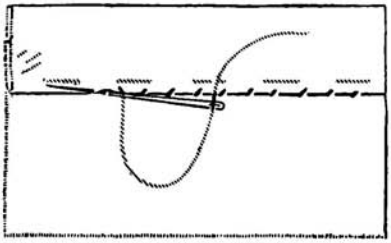
Illustrations and Notes from McCall's "Dressmaking Made Easy."



OVERCASTING

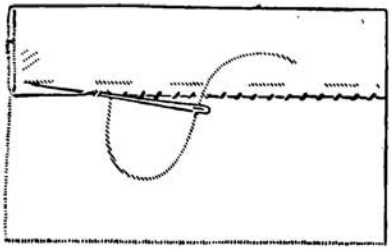
This stitch is used to keep the edges of seams or parts of garments from fraying.

Trim raw edges evenly; then, with needle pointing toward the left shoulder, make slanting stitches.



HEMMING

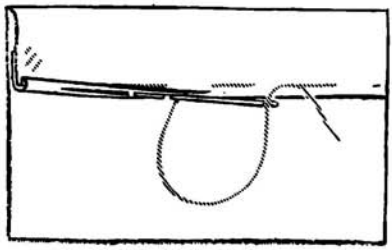
Make small, slanting stitches. Work needle from right to left and catch a thread or two of the fabric under the fold; then pass needle through fold, near the edge.



BLIND HEMMING

Used to sew the hems of silks or other thin materials, where strength is desired but where stitches should be invisible on right side.

This stitch is similar to the hemming stitch except that needle should catch only a tiny fibre of the material under the fold and a larger stitch through the fold.



SLIPSTITCHING

This is used where invisible sewing is desired on facings, folds or hems, and where a strong finish is not necessary.

Begin hemming by taking a tiny thread through the turned-in edge of fold; then take up a tiny thread through material underneath.

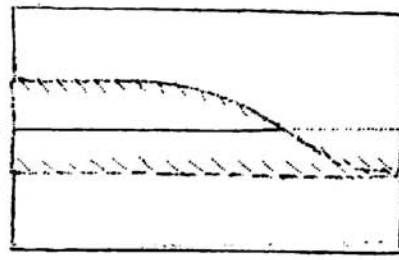
Illustrations and Notes from McCall's "Dressmaking Made Easy."

SEAM EDGES OVERCAST

Edges which fray may be overcast.

Press seam open; then overcast edges.

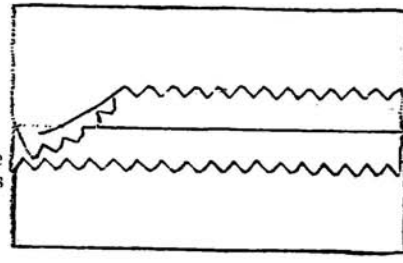
When seams are not pressed open, as in an armhole, overcast both edges together.



PINKED SEAM

Suitable for velvet, woollen o heavy silk materials.

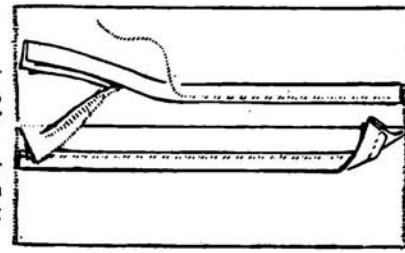
Pink edges by hand, machine or pinking shears; then press seam open.



SEAM EDGES BOUND

Suitable for an unlined garment, such as a sports jacket, etc., made in velveteen, linen, or woollen materials.

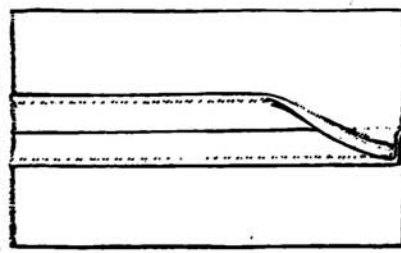
Crease seam binding near centre and arrange over seam edges, with wider part of binding on the inside; then stitch.



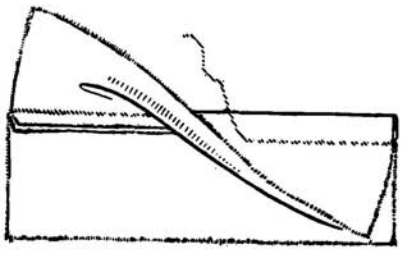
SEAM EDGES TURNED IN

Suitable for light-weight silk or cotton materials.

Press seam open; then turn under edges about ¼ in. and sew with running stitches, or machine stitch close to turned edge.



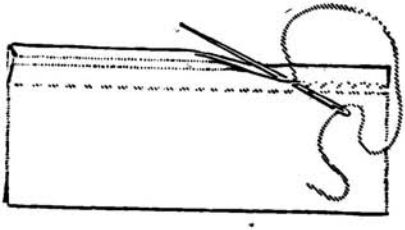
Illustrations and Notes from McCall's "Dressmaking Made Easy."



FRENCH SEAM

This is a seam within a seam. Suitable for undergarments, blouses, or dresses of silk, chiffon, georgette, and other thin or sheer materials.

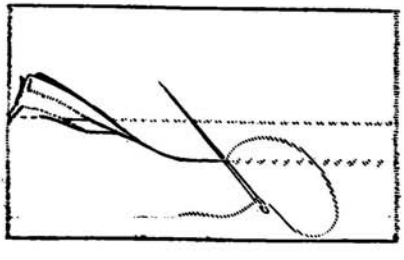
Join seam close to edges, wrong sides of material together, and trim frayed edges if necessary. Turn wrong side out and stitch on seam line.



FELLED FRENCH SEAM

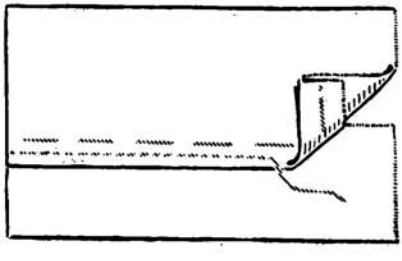
Suitable for sheer materials, as chiffon, georgette, etc.

Join seam, right sides of material together. Trim one edge of material to within ⅛ in. of stitching; then turn under other edge over trimmed edge, and hem to position.



HEM FELLED SEAM

Join seam, right sides together. Trim one edge close to stitching; turn in other edge about ⅛ in., and hem flat to garment, close to edge.

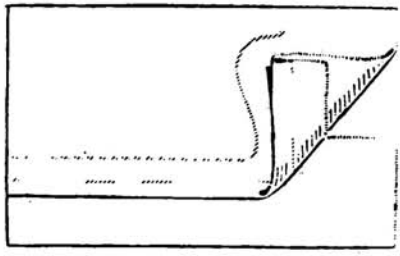


LAPPED SEAM

Used when two parts of a garment are to be joined together, and stitching is done on the right side.

Turn under one edge on seam allowance and baste; then place over the other edge, baste and stitch.

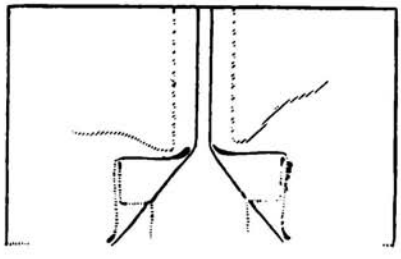
Illustrations and Notes from McCall's "Dressmaking Made Easy."



TUCKED SEAM

Used where a tailored finish, rather than an invisible seam, is desired.

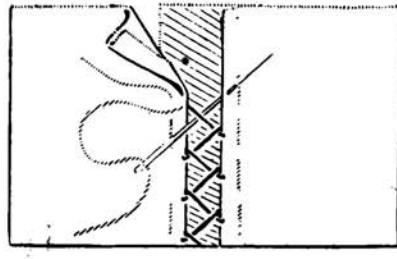
Turn under one edge to form tuck and baste; then lap to the other edge, with raw edges meeting, and stitch as far from folded edge as desired.



SLOT SEAM

This seam is used mainly for decoration, sometimes showing another grain of the material, or another colour from under the 2 tucks, of which the seam is formed.

Turn under edges to form tucks and baste; then lap over the strip, with raw edges meeting, and stitch as far from folded edge as desired.



FAGOTED SEAM

Used as a decorative seam.

First mark desired width of fagoting by drawing parallel lines on a strip of paper. Cut away seam allowances; then turn in on each side, half the width of the space which is marked on the paper for fagoting. Baste material to position on paper and begin fagoting stitch, working from top to bottom.

Make slanting stitches from one side to the other, passing needle under the preceding stitch, as illustrated.

Illustrations and Notes from McCall's "Dressmaking Made Easy."

A hint for needlewomen

Poor threads can quite easily spoil your sewing, embroidery or crochet. Most women, however, are careful always to ask for Coats' and Clark's threads. They know from experience that these famous threads are of the finest quality and retain their color. They know, too, that only in Coats' and Clark's threads can they find so large a range of delightful shades—shades that will match or harmonise with all materials. Next time you require sewing, embroidery or crochet threads ask for Coats' and Clark's.

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IN WHITE
AND 30 COLOR INSPIRATIONS

Color-fast

GIRL'S SCHOOL JERSEY

"Kathleen" Design

MATERIALS:—PATON'S "ROSE" Fingering Wool, 4-ply, 7 ozs. Two No. 8 and two No. 10 "Beehive" Knitting Needles. A "Beehive" Stitch-holder. Three Buttons.

ACTUAL MEASUREMENTS:—Length from top of shoulder, 18 ins. Width all round at under-arm, 30 ins. Length of sleeve from under-arm (with cuff turned up), 15 ins.

TENSION:—To get these measurements it is absolutely necessary to work at a tension to produce 6½ stitches to the inch in width.

THE FRONT.—Using the No. 10 Needles, cast on 92 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row. Repeat this row seven times.

Using the No. 8 Needles, proceed as follows:—

1st row.—Knit plain.

2nd row.—K. 1, purl to the last stitch, K. 1.

Repeat the 1st and 2nd rows thirteen times, then the 1st row once. Proceed as follows:—

1st row.—K. 1, P. 8, (P. 1, K. 1) eleven times, P. 30, (K. 1, P. 1) eleven times, P. 8, K. 1.

2nd row.—K. 9, (K. 1, P. 1) eleven times, K. 30, (P. 1, K. 1) eleven times, K. 9.

Repeat the 1st and 2nd rows once.

5th row.—K. 1, P. 8, cast off 22 stitches, P. 30, cast off 22 stitches, P. 8, K. 1.

Leave these stitches on a stitch-holder until the Pockets have been worked.

THE POCKETS.—Using the No. 8 Needles, cast on 22 stitches.

1st row.—Knit plain.

2nd row.—K. 1, purl to the last stitch, K. 1.

Repeat the 1st and 2nd rows sixteen times.

Work another Pocket in the same manner.

Commencing again on the stitches of the Front, work across the row, working across the pocket stitches in place of the cast-off stitches.

Continue in plain, smooth fabric until the work measures 12 inches from the commencement, ending with a purl row. Cast off 4 stitches at the beginning of each of the next two rows.

Decrease once at each end of the needle in the next row. In the following row K. 1, P. 44, turn. Work on these 45 stitches as follows:—

1st row.—K. 2, (P. 1, K. 1) three times, knit plain to the last 3 stitches, K. 2 tog., K. 1.

2nd row.—K. 1, purl to last 8 stitches, (P. 1, K. 1) four times.

Repeat the 1st and 2nd rows three times.

9th row.—K. 2, P. 1, K. 1, wl. fwd., K. 2 tog. (thus forming a button-hole), P. 1, knit plain to last 3 stitches, K. 2 tog., K. 1.

10th row.—Like the 2nd row.

11th row.—K. 2, (P. 1, K. 1) three times, knit plain to the end of the row.

12th row.—K. 1, purl to last 8 stitches, (P. 1, K. 1) four times. Repeat 11th and 12th rows three times.

19th row.—K. 2, P. 1, K. 1, wl. fwd., K. 2 tog., P. 1, knit plain to the end of the row.

20th row.—K. 1, purl to last 8 stitches, (P. 1, K. 1) four times. Repeat from the 11th to 20th row once.

31st row.—Cast off 10 stitches, knit plain to the end of the row.

32nd row.—K. 1, purl to the last 3 stitches, P. 2 tog., K. 1.

33rd row.—K. 1, K. 2 tog., knit plain to the end of the row. Repeat the 32nd and 33rd rows once.

36th row.—K. 1, purl to the last stitch, K. 1.
37th row.—K. 1, K. 2 tog., knit plain to end of row.
Repeat the 36th and 37th rows once, then the 36th row once. Work 2 rows without shaping.

Shape for the shoulder as follows:—

1st row.—Knit plain to the last 8 stitches, turn.
2nd row.—Purl to the last stitch, K. 1.
3rd row.—Knit plain to the last 16 stitches, turn.
4th row.—Like the 2nd row. Cast off.

Cast on 8 stitches and purl the 37 stitches which were left on to the end of the same needle.

Proceed as follows:—

1st row.—K. 1, K. 2 tog., knit plain to end of row.
2nd row.—K. 2, purl to the last stitch, K. 1.
Repeat the 1st and 2nd rows four times.
11th row.—Knit plain.
12th row.—K. 2, purl to the last stitch, K. 1.

Repeat the 11th and 12th rows eight times, then the 11th row once.

30th row.—Cast off 10 stitches, K. 1, purl to the last stitch, K. 1.
31st row.—Knit plain.
32nd row.—K. 1, P. 2 tog., purl to the last stitch, K. 1.
33rd row.—Knit plain to the last 3 stitches, K. 2 tog., K. 1.
Repeat the 32nd and 33rd rows once.
36th row.—K. 1, purl to the last stitch, K. 1.
37th row.—Knit plain to last 3 stitches, K. 2 tog., K. 1.

Repeat 36th and 37th rows once. Work 2 rows without shaping. Shape for shoulder as follows:—

1st row.—K. 1, purl to the last 8 stitches, turn.
2nd and 4th rows.—Knit plain.
3rd row.—K. 1, purl to the last 16 stitches, turn.
5th row.—K. 1, purl to last stitch, K. 1. Cast off.

THE BACK.—Using the No. 10 Needles, cast on 92 stitches.

1st row.—K. 2, * P. 1, K. 1, repeat from * to the end of the row. Repeat this row seven times.

Using the No. 8 Needles, proceed as follows:—

1st row.—Knit plain.

2nd row.—K. 1, purl to the last stitch, K. 1. Repeat the 1st and 2nd rows until the work measures the same as the Front to the under-arm, ending with the 2nd row. Cast off 4 stitches at the beginning of each of the next two rows.

Decrease once at each end of the needle in the next and every alternate row until 72 stitches remain. Continue without shaping until the arm-hole measures the same as the front arm-hole, ending with a purl row. Shape for shoulders as follows:—

1st row.—Knit plain to the last 8 stitches, turn.
2nd row.—Purl to the last eight stitches, turn.
3rd row.—Knit plain to the last 16 stitches, turn.
4th row.—purl to the last 16 stitches, turn.
5th row.—Knit plain to the last 24 stitches, turn.

6th row.—Purl to the last 24 stitches, turn.
7th row.—Knit plain to the end of row. Cast off.

THE SLEEVES.—Using the No. 8 Needles, cast on 24 stitches.

Work in plain, smooth fabric, casting on 2 stitches at the end of every row until there are 64 stitches on the needle. Decrease once at each end of needle in 7th and every following 8th row until 40 stitches remain. Work 5 rows without shaping.

Using the No. 10 Needles, in the next row, K. 2, * P. 1, K. 1, repeat from * to the end of row. Repeat this row for 5 inches. Cast off.

Work another Sleeve in the same manner.

THE COLLAR.—Using the No. 10 Needles, cast on 109 stitches.

1st row.—K. 1, increase once in the next stitch knitways, * P. 1, K. 1, repeat from * to the last 3 stitches, increase once in the next stitch purlways, K. 2.

2nd row.—K. 1, P. 2, * K. 1, P. 1, repeat from * to the last 2 stitches, P. 1, K. 1.

3rd row.—K. 1, increase once in the next stitch knitways, * K. 1, P. 1, repeat from * to the last 3 stitches, increase once in the next stitch knitways, K. 2.

4th row.—* K. 1, P. 1, repeat from * to the last stitch, K. 1.

Repeat from 1st to 4th row until there are 133 stitches on the needle. Cast off in rib.

TO MAKE UP THE JERSEY.—With a damp cloth and hot iron press carefully. Sew up the side, shoulder, and sleeve seams, joining the seams of each piece by sewing together the corresponding ridges (formed by the stitch knitted at each end of every row). Sew the 8 cast-on stitches and the pocket linings in position on the wrong side. Sew in the sleeves, placing seam to seam. Sew the collar in position, placing the ends to the edges of the front. Sew on buttons to correspond with button-holes.

It is well worth while to devote special attention to this matter of "finish." It can make all the difference to the final result!

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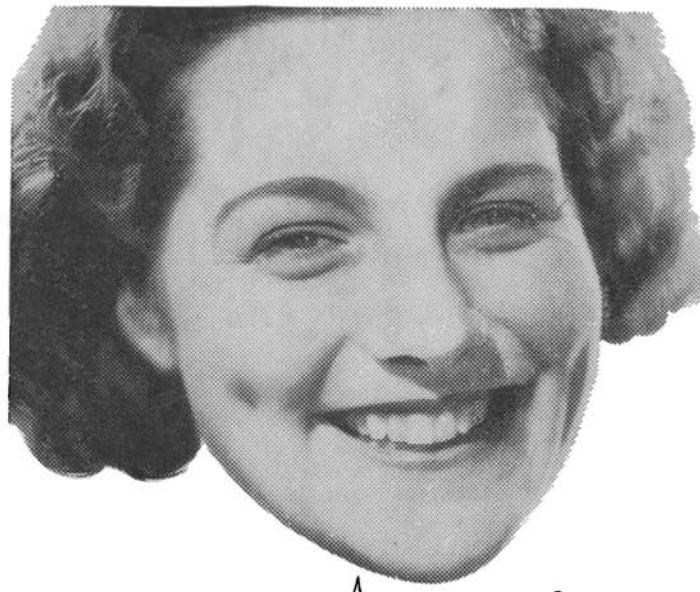

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